



Northland Community & Technical College Healthy Campus Committee

Tuesday, June 13th
2:00 pm
Room #306B

Attendees: Milt Kinzler, Richard Wills, Kit Brenan, Margarita Bracamonte, Mary Fontes, Justin Berry, Diane Rapacz, Peggy Rogers, Tony Sorum

Topic		Discussion/Outcome
1. Call to Order		2:10
2. Approval of Minutes		Approved
3. Walk/Run Road Race	Justin	<p>There was discussion on having a walk/run road race sometime in the fall:</p> <ul style="list-style-type: none"> • Approximately 40 volunteers would be needed • Each water station could be a different sponsor/club • This event could possibly be piggy-backed with another organization • Possibly a bike race since there are a lot of road races – alternate starting points each year between TRF & EGF. <p>Justin plans to contact BSU to ask questions about their events.</p>
4. Cardio/Yoga/Weight Room		<p>The yoga instructor wants to know the format for the yoga classes:</p> <ul style="list-style-type: none"> • Mini four week session starting in mid September. • Open drop-in classes to start out to determine interest. • Eventually a six week sign-up for classes would be implemented • Classes would possibly be twice a week in room #315, depending on the room schedule starting fall semester. • According to the survey, evening classes were preferred. • Yoga mats would need to be purchased for the few that do not have their own. <p>Justin knows of someone who could teach Pilates if there is enough interest. Justin also talked about the fitness suite at Superior College and how efficiently their small and narrow fitness room works with two treadmills and a complete set of weights. It is</p>

		<p>very successful. With the new addition, an old space might be available to renovate. There was a discussion that student clubs on campus might be interested in purchasing machines/weights for the fitness center.</p> <p>Tony looked into grants and reported that they were all student driven.</p>
5. Outdoor Student Activities – Volunteer Driven		<p>Suggestions for Outdoor Student Activities:</p> <ul style="list-style-type: none"> • Bike the trails in GF & EGF • Hiking Itasca State park • Cross country skiing • Canoeing in Boundary Waters – Could possibly lead to an HPER Disciplinary course offering. <p>Mary Fontes stated that waivers would need to be used for activities off campus and that staying in the state of Minnesota would save a lot a lot of problems.</p> <p>A suggestion was made to send out an e-mail to all employees requesting sample ideas for outdoor activities that the employee would volunteer to help with or lead.</p> <p>Mary F. informed the committee that our campus cannot show preference over one weight loss program, ie. Weight Watchers, LA Weight loss, Curves, etc. We could start our own campus program. All felt this was important since weight loss was #1 on the survey that was administered last fall.</p> <ul style="list-style-type: none"> • <i>The NCTC Losers...It's a Good Thing!</i> • Tie in Taher, Inc. to offer choices that they could list on a weekly menu. • Start a buddy system to lose weight as a team. <p>Crystal Sugar has a program where employees pay \$40.00 to join and then get their money back if they show up for the meetings.</p>
6. Budget Amount?		<p>Mary F. reported that no new money is going into the budget for Healthy Campus. There is approximately \$800.00 in the account, which is left over from NWTC. Once the account is empty, the fees received from students goes to bookstore profits. It was suggested to bring students into the committee. If a Healthy Student club was formed, they could bring ideas and money into our committee.</p>
7. Summer Session Student Activities	Margarita	<p>There was discussion and agreement that there are not enough students in the summer to start a sand volleyball league – kick-off in fall when students return.</p> <p>Other FY07 ideas:</p> <ul style="list-style-type: none"> • Early Childhood club – build a snowman contest

		<ul style="list-style-type: none"> Frisbee golf course east of the campus– maybe partner with the City of EGF. Welding students could build the course. Frisbees could be printed with the NCTC name.
8. Survey	Justin	<p>Results of the survey were discussed. There was a huge response to wanting a weight room. The #1 need is physical fitness memberships – 66% of the students do not have health club memberships. Our campus needs to do a better job of promoting discounts at GF/EGF facilities and letting students know the ease of month-by-month memberships that are available at most facilities.</p> <p>According to the survey, students want to see part of their student fee deducted for memberships to a health club facility, just like the parking fees are deducted.</p> <p>As a state agency we cannot promote one particular facility over another. Milt has a list of health clubs which states fees and the fitness services available. Possibly this list could be provided as a handout to students at registrations.</p> <p>Chad Sperling, Webmaster, is working with Student Senate on the Student Life web page that is coming. This will be rolling out in July and will include home page links to fitness clubs.</p>
9. Intramurals on Campus		<p>Is it possible to bring any intramural sports on campus? The problem is with floor covering in the space needed. We need a sport that requires no floor space.</p> <p>Suggestions:</p> <ul style="list-style-type: none"> Ping Pong Flag football Soccer Golf – already a course offering Kick ball Bowling <p>The point was made that it is easier to get people to participate if it is a one day event without having to commit to every week.</p>
10. TRF Campus Committee		This committee will be having occasional poly-com meetings with TRF on “Healthy” months. We need to decide on the months and work together on promotions.
11. Adjourned		3:15

Next Meeting: