



Northland Community & Technical College Healthy Campus Committee

December 13, 2006

3:00 pm

Room #306B

Attendees: Richard Wills, Justin Berry, Diana Moncada, Diane Rapacz

Topic		Discussion/Outcome
1. Call to Order		3:10 pm
2. Approval of Minutes		Approved
3. Mission & Vision Statement Draft		<p>Northland Community and Technical College's Healthy Campus Committee is dedicated to advancing the health of students and the campus community in an effort to enhance a strong learning environment. This will be accomplished by addressing issues through:</p> <ul style="list-style-type: none"> • Education (Awareness) • Outreach • Resources (People/Money)
4. Spring Road Race		<p>There was a discussion in planning for the first annual "Northland College Spring 5K Walk/Run Road Race". The tentative date is set for Saturday, May 5th. The race would possibly take place heading east on county road #19 about 1.5 miles and back again for a total of 3.2 miles (5K). A definite route would be decided at a later date. All participants will need to fill-out a waiver form and a nominal fee would be charged to cover the cost of a t-shirt. Members of the Student Wellness Committee have expressed interest in helping with the event. Volunteers would be needed to help with registration, timing, water stations, healthy snacks at the end of the race, trophies/prizes, etc.</p>
5. HealthTrip 2007 Challenge		<p>For the first time since 2005, HealthTrip is back. Altru and the YMCA are teaming up to make us healthier. The kick-off party is January 9th at the Grand Cities mall. Diane will pick up the information for this promotion and send out an e-mail to the EGF employees informing everyone of the event. The cost will be \$15.00 per person to participate, with prizes along the way.</p>
6. Intramurals		<p>It was reported that "Open Gym" is doing well. There has been a good turn-out. Pictures were taken the week before finals to be published in the Northland Pioneer Newspaper.</p>
7. Yoga		<p>The "Yoga" class on the spring schedule has been very popular with the course already at maximum enrollment. Maybe offer more sections fall semester?</p>
8. Sledding		<p>The Student Wellness Committee has planned a sledding event in the Sherlock Park dike area on Saturday, January 27th. They have also planned a possible trip to Bemidji to go tubing and/or skiing at Buena Vista in February. Posters will be made and e-mails sent to notify students of the events.</p>
9. Adjourned		3:55 pm

Next Meeting: January 24th @ 3:00 pm