

**“Two Get Movin”
Action Team Meeting
Wednesday, Feb. 7, 2007**

Noon at Lake County Service Bldg.

The meeting began at 12:00 noon with 29 business representative in attendance. Jessica Norlock led the group in warm up exercises.

Each business representative reported on the number of participants and number of teams as well as the number of total employees at their place of work. Then each reported on their businesses’ team with the highest point average for the month of January. The Lake Bank’s – “Tacklin Trainers” was named the team with the highest team point average at 142.4. Members of that team include Christina Cavallin, Keira Miller, Lanette Jacoby, Terri Truscott, Nadine Uremovich. **The Lake Bank is the Movin Employer of the Month of January 2007.** The next five top employer groups include: Lake County Maintenance; Lake View Memorial Hospital; Bodies in Balance; First Solutions; SuperiorHealth Center.

Health Surveys are being used by First Solutions, The Lake Bank, Vanilla Bean, Community Partners; Lake County and Wells Fargo. The employer coordinators will keep the surveys until the end when a follow-up survey will be handed out.

Ojard asked businesses to share what has worked in their business to get people involved in the “Two Get Movin” campaign.

- ○ Walking on lunch breaks
- ○ Wells Fargo is providing pedometers to their employees and this has provided incentive for people to walk. They also are providing red Wells Fargo sweatshirts and medals to participants.
- ○ Coop Power and Light is using “Two Get Movin” as a kick off to one of their business imperatives. They are tracking health insurance use and promoting a healthy work force by using an onsite space for bowflex and treadmill. Ipod will be given to the most Movin Team.
- ○ TGM menu item is being offered at Vanilla Bean on a weekly basis. TGM participants at the Bean are also giving up smoking, which is a huge motivator.
- ○ The Lake Bank will be offering “most improved” award for participating teams.
- ○ First Solutions is also doing “The Biggest Loser” contest.
- ○ Lake View Memorial opened the gym free to participants to use at any time.
- ○ PAMIDA provided participants with pedometers and giving points for pedometer steps.

Ojard reported that American Heart Association has provided posters and hearts for Valentine’s Day, “Go Red for Women Day” in Two Harbors. Encourage businesses and

employees to wear red on Valentine's Day. In addition they will provide START program information at the March meeting.

Winter Frolic events are a good way to get family and teams involved in outdoor activities. Saturday, March 10 will be "Walk in the Park" day at Gooseberry State Park. Please sign up in the information center under "Two Get Movin". Park admission and parking is free if participants park in the information center parking lot. All the trails are open to public.

Materials including Hope Health Wellness articles, comics, posters, Am Heart wrist bands etc were handed out.

Next Action Committee Meeting is Wednesday, March 7 at noon at the Lake County Services Bldg- Split Rock Room. Plan on 30 minutes for the meeting and bring your own lunch.