

**Minutes
Mayor's Council on Physical Fitness
May 12, 2010
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on May 12, 2010 in the Basement Conference Room of City Hall, 555 Walnut, Abilene, Texas 79601. Pug Parris, Chairperson, was present and presiding. Mayor's Council on Physical Fitness members present were: Tanya Brice, Bill Horn, Mary Herron, Liz Rotenberry, Deonna Shake and Joy Hedges. Also present were Barbara Boen and Kelley Messer – City of Abilene Staff.

1. Call to Order

The meeting was called to order at 4:09 pm by Pug Parris, Chairperson.

2. Minutes: Approval of Minutes of February 10, March 10, and April 14, 2010 meetings

Approval of the minutes of the February 10, March 10, and April 14, 2010 meetings was tabled.

3. Staff Liaison report

a) Mentoring log to DSHS (April 2010)

Barbara Boen, Staff Liaison, presented the Mentoring Logs submitted to the Department of State Health Services for April 2010.

April, 2010

DSHS Contract Number 2008-027707, Program Attachment 001C
City of Abilene
Mayor's Council on Physical Fitness
Phase III Mentoring Activities

SECTION II PERFORMANCE MEASURES

Measure 1 – Mentor other cities by hosting representatives of those cities, answering their questions and providing follow up guidance and coaching via phone, email or fax regarding the development and implementation of those cities' Mayoral Fitness Councils and work plans.

- On April 30, 2010 staff liaison Barbara Boen emailed to the Phase I cities a summary of the April 10, 2010 Mayor's 5K Run/Walk/Wheel and 1 Mile Family Fun Run, including photos plus links to the MCPF web page which featured a media release and photos and to the myfitnessabilene.com gallery section for additional photos.

Ms. Boen noted that there has been no feedback from the Phase I Cities.

**b) Event evaluation for Abilene Family Health and Family Fitness
5K/1.5mile Walk Park**

Ms. Boen presented the event evaluation submitted for the Abilene Family Health and Fitness 5K run/1.5 mile walk. Approximately 225 runners and walkers ages 3 years old to 83 years old participated in the event. The MCPF supported the event with six (6) cases of bottled water.

c) Mayor's Hike in June

The 3rd Annual Mayor's Hike will be held on June 5, 2010, at 8:00 am at Abilene State Park. Ms. Parris and Mary Herron volunteered to assist with the event.

4. Discussion on the following:

None

5. Discussion and possible action on the following:

a) Favorite Fitness Activity of the Month March, May,

March

Liz Rotenberry presented the report for the Favorite Fitness Activity for the month of March 2010. Abilene Christian University hosted a Physical Education seminar. Attendees included instructors from the three local universities, Abilene Independent School District and area cities. Attendees received continuing education inservice hours.

May

Ms. Herron gave on an update on the Elementary School Field Days Favorite Fitness Activity for the month of May 2010. Tanya Brice was at Bowie Elementary today, May 12, 2010. Ms. Rotenberry will be at Ortiz Elementary and Reagan Elementary; Deonna Shake will be at Ward Elementary; and Ms. Parris will be at Long Elementary and with the 5th Grade Magnet Students.

b) Living Well/Health and Fitness Jamboree booth on May 20

The City of Abilene and the Area Agency on Aging National Senior Health and Fitness Day will present the Living Well/Health and Fitness Jamboree from 8:30 a.m. to 2 p.m. May 20 at the Rose Park Senior Activity Center, 2625 S. 7th St. Ms. Parris will man the MCPF booth. Members were asked to come by and assist.

c) Set date for the workshop and suggest workshop agenda items

Possible dates for the workshop are June 28, 2010 and July 19, 2010. Suggested agenda items were the following;

- Marketing Strategies
- Recognition/Reward System
- Monthly Fitness Activities

d) Sponsorship on myfitnessabilene.com

Sponsorship on the MCPF myfitnessabilene.com website was discussed. The website has potential for advertising. Decisions need to be made regarding whether the MCPF wants to solicit for sponsors and if so, the solicitation process. The number of website hits and utilization for posting of events needs to increase. The item will be added to the workshop agenda. InFocus will be requested to provide a report on the website's utilization and suggestion to enhance the website at the June Meeting. Joy Hedges will be asked to bring the sponsor package utilized for the Mayor's 5K event.

6. Set next meeting date

The next meeting date was set for June 9, 2010.

7. Adjournment

There being no further business, the meeting was adjourned at 4:50 pm.