

Mayor's Council on Fitness and Well Being
Minutes for February 2, 2017 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: [QUORUM OF 7 ACHIEVED]

Name of Council Member	Company / Affiliation	Attended?
Mr. Joseph Bergman	COJ, OED Sports and Entertainment	No
Hon. Lori Boyer	COJ, City Council VP [or designated representative]	No
Mr. Tim Burrows [CHAIR]	YMCA of Florida's First Coast	Yes
Mr. Bryan Campbell [Former Chair]	Duval County Medical Society	Yes
Ms. Nancy Crain	Baptist Health	No
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
Mr. Daryl Joseph	COJ, Director, Parks, Recreation & Community Services	No
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Ms. Gloria McNair	Florida Department of Health – Duval County (Non-confirmed)	Yes
Mr. Mark Owens	American Heart Association	No
Ms. La'Dora Taylor	COJ, Parks, Recreation & Community Services	Yes
Guests		
Ms. Chaney	Duval County Medical Society	
Ms. Caroline Davidson	Duval County Medical Society	
Dr. Ellan Duke	River Hills Clinic	
Mr. Don Redman	Former Council Member / Bicycle & Ped Advocate	
Ms. Christy Schell	Brunet Garcia Advertising / Personal Trainer	
Mr. Mark Smilek	SoFitco FL / GA Sales Director	
Mr. Chad Walters	Lean Blitz Consulting	
Ms. Megan Williamson	COJ, Parks, Recreation & Community Services	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:35PM by Chair, Tim Burrows and quorum of 7 members was achieved by attendance. It was announced that .pdf files of prior meeting minutes would be sent to the group for approval by Robin Mantz via email for review to conserve paper.

II. Secretary's Remarks

Robin Mantz was asked by the Chair to reiterate communication and protocol standards for the MCFWB. She also mentioned the requirement for every board, council and commission member to attend an ethics training session every four years (Ordinance 2015-268, section 50.109). The point of contact for scheduling is Kirby Oberdorfer, Deputy Director of Ethics, Compliance and Oversight: korberdorfer@coj.net or 904-630-4747. Members must submit the ethics completion form to Robin Mantz for audit purposes. Many of the communication guidelines will be covered in the ethics training, but in the interim, the Chair asked that all communications and requests be sent via email to Robin Mantz, who will then have the information approved by the Chair and Vice-Chair prior to communicating to the Council.

III. Million Pound Challenge Initiative

Mr. Bryan Campbell said that the Mission One Million [M1M] portal is functioning for individuals to track their weight goals. COJ's goal is to lose one million pounds over a five year period. The M1M staff are Caroline Davis and Tammy Chaney, who will be focusing on corporate sponsorship and developing the application to work with external applications and metric tracking. As far as integrating with the COJ Mayor's Council for Fitness and Well Being website, we need to determine who the expected users are and the expected outcome.

Chair Tim Burrows transitioned to the Playbook and said that as a Council, we need to focus on specific goals and do them well. The first step is to leverage what we have. The second step is for

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each attendee to complete a 1-page personal action plan to help create the website content and boost the M1M program. The third step is to get milestones from the M1M team to create a set of metrics for our goals. Mr. Burrows stated that the Council would be split up into three groups with himself, Vice Chair Heather Hausenblas and Former Chair Bryan Campbell having responsibility for a third of the group for action items and initiatives. He also said that the groups need to brainstorm to come up with the best summary on how to expand the reach of M1M on the MCFWB website and we need the metrics and measurable over a 90-day period and subsequent

mentioned that the YMCA has an app called "[My Y on Demand](#)" which is a mobile health solution based on the Cooper Institute and algorithms. The app includes prescriptive nutrition, mobile exercise solutions (videos on demand), social challenges between individuals and teams / companies. The age range for the app is 14yrs and older and the cost is \$4.99 per month for YMCA members and \$7.99 per month for non-members and the subscription allows for three additional people to use the app for the monthly cost (such as a family).

IV. Public Comments

Dr. Ellan Duke received a request for public comment card from Kathryn Thomas who started the non-profit organization Yoga 4 Change after she was involved in an accident with a poor recovery prognosis and was able to achieve full mobility through yoga. Ms. Thomas began the organization in Hawaii where she had been stationed as a helicopter pilot and was able to achieve productive results with the program in the prison and schools in the area. Yoga 4 Change was #1 in the March 2014 One Spark event and is currently operating in 23 facilities in Jacksonville 50 weeks out of the year. Ms. Kathryn Thomas can be reached at kthomas@yoga-4-chang.org

V. Adjournment and Next Meeting

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At 1:25PM Chair Dr. Duke confirmed there were no more public comments or new business and adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, April 6, 2016 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

Respectfully submitted by Robin Mantz, Recorder

DRAFT