

**Governor's Council on Physical Fitness  
Active Lifestyles Subcommittee  
Meeting Eight  
November 5, 2007  
9:00 am – 11:00 am**

<u>Subcommittee Members Present</u>	<u>Subcommittee Members Absent</u>	<u>Invited Guests Present</u>
Mary Rumberger, Co Chair Dave Andreychuk Monty Castevens Thom Epsky Don Rapp	Dot Richardson, Co Chair Josh Butler Jennifer Capriati	None

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Mary Rumberger called the meeting to order at 9:05 am.

Katie Rainka, Active Lifestyles Subcommittee Coordinator called roll and made general house keeping announcements regarding:

- RSVP for Ft. Lauderdale meeting
- Dates and times of Ft. Lauderdale meeting
- Amount of time that will be spent in subcommittee vs. full council deliberation for finalization of recommendations

### **1. Approval of Minutes**

Mary Rumberger requested that a motion was made to approve the minutes from October 22, 2007 and October 23, 2007. Minutes were approved by the subcommittee members.

### **2. Subcommittee Review and Approval of Active Lifestyles Draft Recommendations**

#### 1) Improve Public Awareness of the Benefits of an Active Lifestyle by:

*Recommendations for first bullet:*

- Don Rapp suggested the addition of Phase 3: actively fund PE programs with emphasis on integration of physical activity with active living content acquisition.
- Kim Berfield reminded the subcommittee that the Education subcommittee will be looking at this recommendation as well. There may be opportunity for synergy during the full council deliberation.

**Q:** Are you talking about just the month of February?

**A:** No

*Recommendations for second bullet:*

- Dave Andreychuk commented that the inclusion of fitness businesses, such as gyms and health clubs, fitness equipment manufacturers and retail sales outlets, weight loss in the recommendations was an excellent idea.

- Include language that offers special packages to existing members or discounted gym memberships for new members during “Healthy Floridians” Month.
- Encourage cooperation between fitness companies.
- Mary Rumberger noted that Thom Epsky made the suggestion in previous conference calls to include in the recommendations the consequences of obesity and highlight the programs throughout the state that are making an impact.
- Don Rapp asked that churches be included in this recommendation.

*Recommendations for third bullet:*

- Monty Castevens asked that the language regarding legislation was specified. We do not want to leave it up to the legislature to suggest legislation and make these changes.
- Kim Berfield suggested that the recommendation could include language that the legislature study then put forth legislation.
- Subcommittee determined that they would craft the language for inclusion in the recommendations at the meeting in Ft. Lauderdale.
- Don Rapp recommended that staffing and coordination for the Governor’s Council was included.
- Kim Berfield explained that codification of Governor’s Council on Physical Fitness is necessary for continuation of the council and the recommendations. The recommendation of codification of the council may be appropriate to be seen in all subcommittee recommendations. It is also recommended that language is included to convene a Governor’s Task Force if the Governor’s Council on Physical Fitness is not codified.

*Recommendations for fourth bullet:*

- Dave Andreychuk asked that the promotion of “Healthy Floridians” month take place on the website and a recognition page was added to highlight the activities that are taking place throughout the state.
- Monty Castevens recommended that other corporations like Special Olympics should be able to link to the Healthy Floridians website and vice versa.
- Kim Befield will investigate rules regarding this through Volunteer Florida.

*Recommendations for fifth bullet:*

- Don Rapp asked that the word “zoning” be included in the recommendation.
- Kim Berfield will reach out to DCA to see if they have recommendations for language.
- Don Rapp asked that the recommendation of large grocery store chains like Publix could put “sub stations” into neighborhoods with limited resources or those communities that do not have grocery stores that are easily accessible.

*Recommendations for sixth bullet:*

- Monty Castevens recommended that the subcommittee craft specific legislation regarding this bullet. He will research and bring recommendations to the meeting in Ft. Lauderdale.

*Recommendations for seventh bullet:*

- Monty Castevens explained that public school transportation does not allow adults with disabilities to access this type of transportation because of liability issues.
- Kim Berfield noted that the Education subcommittee is looking at ways to address the issue of school liability. Please bring this up during the full council deliberation. The council can revisit and see if additional components can be added.
 

**Q:** Is there self insurance for Special Olympics and other like groups that would indemnify the State and prevention liability?  
**A:** Yes, Special Olympics does. Indemnification will help.
- Monty Castevens recommended that volunteer indemnification and Good Samaritan statues can help in crafting the language for this task. Kim Berfield will investigate.
- Mary Rumberger asked the subcommittee to avoid recommendations that would require the involvement of the judicial system.

### **3. Follow-up Conference Call Schedule**

Katie Rainka, Active Lifestyles Subcommittee Coordinator announced that two additional conference calls with the entire council have been planned to finalize the State Plan of Action.

- Dates: Tuesday, November 20, 2007 from 2:00 pm – 4:00 pm and Tuesday, November 27, 2007 from 2:00 pm – 4:00 pm

### **4. Next steps before Ft. Lauderdale Meeting**

Mary Rumberger asked that each subcommittee members provide one sentence with 4 bullets points each to bring closure to recommendations after reviewing the minutes from our subcommittee. Please bring to the meeting in Ft. Lauderdale. It seems that common themes have run through all these meetings. Please summarize and tighten.

Subcommittee members agreed.

Meeting was adjourned by Mary Rumberger at approximately 10:10 am.