

**Governor's Council on Physical Fitness
Active Lifestyles Subcommittee
Meeting Five
October 18, 2007
9:00 – 11:00 am**

Subcommittee Members Present

Mary Rumberger, Co Chair
Don Rapp
Thom Epsky

Subcommittee Members Absent

Dot Richardson, Co Chair
Jennifer Capriati
Monty Castevens

Invited Guests Present

Malisa McCreedy

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

1. Approval of Minutes

Mary Rumberger requested that minutes from the previous meeting be approved at next subcommittee meeting on October 22, 2007.

2. Continued Deliberations on the State Plan of Action Template

Task P and S were merged to prevent duplication. Mary reviewed action steps as noted in the state plan of action template. Committee would like to tie physical activity awareness campaign into Step Up, Florida! month. February will be know as "Health Month"

Recommendation: Don Rapp suggested the development of a speakers bureau established in churches, YMCA, rotary, etc to act as a vehicle to speak about health initiatives

- Develop a train the trainer program

Thom Epsky gave a summary of findings regarding Task Q.

- State, city and county ordinances, economic and transportation issues are looking at Florida for redevelopment instead of building large tracks of housing. One of the first communities is Celebration, FL. How can existing communities retrofit?
- Thom spoke with a County Commissioner in St. Lucie County interested in making Florida more green. Gave suggestions regarding smart growth.

Mary: The YMCA partners with city, county, and developer to bring a YMCA and a school together. It has become a community center. You will be astounded by the gains children have made in the school. It's a great "healthy" story.

Mary: We have a challenge. Other committee members have not been able to participate. Do we want to take over the additional tasks? Tasks P-Q look like something we will all need to work on. All remaining committee members will investigate and bring what we find to Orlando meeting.

Don Rapp mentioned that it is important to look ahead to the final report. Tasks are terribly vast and there hasn't been the opportunity to look at data. At this point, committee does not mature enough to make final recommendations.

Mary: Should we identify physical activity opportunities organizations for the disabled and seniors? Katie will take lead on this.

Don Rapp asked about the principals of getting people physically active. Don will take lead on finding the principals.

Recommendation: Mary Rumberger suggested a central website with all these messages on one website.

Malisa McCreedy, Transportation Planner for City of Orlando joined the call.

- Malisa is involved in Get Active Orlando! and gave a synopsis of job duties.
 - The City of Orlando acquires trails through developers, the downtown core, and road and abandonment projects.

Orlando planned the southeast quadrant with access to trails, bikeways, sidewalks, etc.

Don Rapp reference the St. Marks Trail in Tallahassee. Many people do not have time in their busy week to get to a trail. Unfortunately, these are the people who are usually poor and the most obese.

Malisa referenced Get Active Orlando! project with assists a large senior and low SES population.

- Paramore Kids Zone encourages physical activity through bike giveaways, a double-dutch and golf program.
- A senior citizen walking program was marketed as a way to meet new people instead of a healthy lifestyle initiative.

Malisa explained that a large population in Orlando is bike commuters. It is important to connect the trails to something – grocery store, restaurant, shopping, school, etc.

- This was done through a strong partnership between two major hospitals, Magic, Orange County HD, transportation, planning, and parks and recreation are all involved. Different members of the community are all represented.

Q: It is possible to retrofit existing roads.

A: College Park is an example in Orlando.

Q: Several studies dispute that crime increases with the inclusion of trails and sidewalks.

A: There is mostly anecdotal evidence to support that crime does not increase with the inclusion of a trail or sidewalk.

Mary Rumberger asked that Malissa to provide presentations in bullet points by the next meeting.

Malissa concluded her presentation at 10:05 am.

Mary Rumberger concluded the meeting at 10:10 am.