

**Minutes of the Governor's Fitness Challenge
Governor's Fitness Challenge Subcommittee**

The meeting of the Governor's Fitness Challenge Subcommittee was held on the 20th day of August, 2009 at the St. Pete Times Forum in Tampa, Florida, commencing at 3:30 pm.

Call to Order:

The Chairwoman called the meeting to order at 3:37 pm and noted there were 11 members in attendance and two guests.

Attendance:

<u>Name of Member</u>	<u>Attendance</u>
Amy Young (Chair)	Present
Dave Andreychuk	Present
Carlos Castresana	Present
Dr. Jayne Greenberg	Present
Josh Butler	Present
Jonathan Vredenburg	Present
Monty Castevens	Present
 <u>Others</u>	
Adam Faurot	Present
Ross Hilaman	Present
Brandon Harris	Present
Carolyn Timmann	Present
Nichole Wilder	Present
Kimberly Berfield	Present
Jacqui Sosa	Present

Order of Business:

Topic: Website

- The meeting started with a recap of the problems that occurred with the first Governor's Fitness Challenge and how the program could be improved for the future.
- Following was an update on what schools are participating in the program, and whether or not they are on the website. The subcommittee also discussed having schools participate in demonstrating how the exercises are to be done for new participating schools through video link on the website.

- Can members go on to the website and find out what schools are participating? Timmann said that she was not sure, but that they would look into. Committee would like to have a list of schools involved so that they encourage their local schools in the area they live in to stay motivated.

Topic: FCAT and Fitness Training

- It was recommended that the calendar for the fitness challenge be altered to accommodate for the FCAT (Florida's Comprehensive Assessment Test) testing and training. Andreychuk said in a school that he visited that had exercised before the FCAT testing, received 20% higher score than the year prior.
- Andreychuk wanted to know what the test components were. Faurot said the test was designed around five components, having exercises targeted to address each component including flexibility, strength, etc.
- Wilder mentioned that schools need to incorporate training prior to the actual test to help gauge whether there is a significant change in the performance. She asserted that just as they train for the FCAT they should also train for the fitness test.

Topic: Incentives

- Andreychuk suggested that there be incentives to encourage participation. Examples are Read and Run marathon, Reindeer Run, and the Pro Bowl.
- Providing recognition of the physical education teachers, as they are paramount in motivating their students to stay engaged in the fitness challenge and beyond.

Topic: Intervention

- After data monitoring, with a focus on BMI, the next step would be an intervention program.
- Dr. Greenberg pointed out that the Fitness's Challenge Pre and a Post test illustrates the intervention that has taken place since the start of the program. The changes in fitness that occur, not body mass index, are incremental and the most realistic form of measuring improvement. Faurot said what they have seen in their fitness program is that intervention is done before and after school.
- Implementation of a "train a trainer" model to go into the local schools and perhaps use local college students studying the field, to come into the schools and assist was discussed. Teaching the trainer to focus on the concept that all students may not be athletes, but that most students can engage in some kind of sport (for example riding a bike, skating, paint ball, kick ball, etc).

- The tests were created to be very practical for those who have no equipment. Titus had a youth development program for schools who wanted to measure and track results of the 25,000 children in their program. In which they have seen significant changes for children from obese to normal weights.
- The involvement of members with local physical education teachers was discussed and Wilder mentioned that all 67 counties have a physical education contact that she works with.

Topic: Funding

- Timmann said it was important to try not to use state dollars and see what are some existing programs, etc that can be used. Dr. Greenberg suggested the Florida Virtual School be utilized. The program has personal fitness program which allows students to log activity. This could be a great component to the online physical education component.
- Wilder mentioned that the personal fitness class in Miami Dade is the most requested course and that high school seniors are on a waiting list for it.
- The possibility of engaging the council in visiting different schools to see whether fundraising would be necessary was discussed. Donations are also acceptable, as well as local contributions.
- Castresana said that we should figure out a way to find private funding and that major sports teams should be engaged. Sporting Good Manufacturer of America (SGMA) is located in Florida and has been identified as a useful group who has supported the fitness challenge.
- Florida Acknowledgement Work could do a video that could meet the guideline and have two different targets- one for schools and one for teachers that would air from 3-5 pm.

Outcomes/ Report Back:

1. Titus sports will provide video illustrating the component of the Governor's Challenge including 5 component- links on website.
2. Council Members to visit local schools to interview PE instructors and administrators and parents on physical fitness instruction regarding current participating with challenge
3. Council members to do a public service announcement
4. FL Acknowledgment Work video to broadcast to all the schools
5. Further utilization of the website
 - a. Web casts
 - b. Theme blocks
 - c. Exercise demonstrations video

Next Meeting Date and Time:

To be announced.

Meeting Adjournment:

Meeting adjourned 4:27 by Amy Young

Submitted by:

Submitted by Jacqui Sosa, Florida Department of Health Staff