

12/11/18 SHAC Meeting

Members Present:

Sunday Elerson, John Norrell, Jennifer Moore, Miles Pennington, Tracy Walukas, Cameron Krailo

Start time: 3:30

Mrs. Moore presented about the 2018 district Biggest Loser that started on Friday, October 26th. What started as an idea to not gain any weight over the holidays turned into a district wide collaboration with 33 participants across 4 campuses. The official rules were simple:

- Each participant paid a \$20 entry fee and had their official weight recorded by their campus nurse.
- Every Friday, each participant returned to their weigh-in site. If they lost weight for the week, they owed nothing extra, but if their weight stayed the same, they owed \$1 as a tax. If they gained weight, they owed \$1 per pound gained. This money all went into the overall pot.
- Final “weigh-out” is this Friday, December 14 and the top 3 “biggest losers” will be awarded cash prizes.
 - Third place - \$50
 - Second place – 25% of pot (152.50 base)
 - First place – 75% of pot (457.50 base)

As the contest is coming to a close, there has been more and more interest in continuing the competition in the spring. In the past, the district has corresponded our Biggest Loser competition with Fit City Tyler’s, “Lighten Up East Texas”. We have decided this year to do the same thing to make the move towards a healthy district!

For our staff:

- An email will go out next week to build excitement letting them know statistics from fall semester and award winnings and let them know of our plan to start a new competition in January after the holidays.
- Contestants will pay a \$20 entry fee for the district level and will weigh in with the designated person at each campus. This will be their official district starting weight. We will also encourage staff to weigh in at an official “Lighten up East Texas” weigh in station in Canton.
 - See Lighten up East Texas Contest Rules
https://docs.wixstatic.com/ugd/7aed51_df784bed3dc441f794abb771c334a1d3.pdf
 - This is just something extra and they give out two \$5000 cash prizes to a male participant and a female participant. You earn entries into the drawing for every 5% of body weight that you lose (up to 20%, or 4 entries).
 - This is not mandatory, but just something “extra” they can do.
 - Weekly vs monthly weigh-ins were talked about with the consensus being only having monthly weigh-ins for the staff participating in the Biggest Loser.
 - Final “weigh” out at the end of April...Friday the 26th or Friday, May 3rd
- We can encourage food journals or other fit activities for staff
- Encourage before/after photos for their own use.

- Tyler’s Healthiest Workplace – *this would be a goal to work towards for the coming year to be distinguished as a Healthiest Workplace*
 - By becoming one of Fit City Tyler’s Healthiest Workplace, you encourage other community organizations to promote wellness in the workplace.
 - Designation Criteria worksheet <https://www.fitcitytyler.com/healthiest-workplaces>

For students:

- Have different themes once a month and send home information with students/collaborate with Food Nutrition Services on this as well. Examples include
 - Focus on Fruits
 - Vary your Veggies
 - Increase water intake and activity
 - “Move it Monday”
 - “Take a Walk Tuesday”
 - “Water Wednesday”
 - “Thirsty Thursday”
 - “Free choice Friday”
- Fit for Life Youth Art Contest <https://www.fitcitytyler.com/youth-art-contest>
 - See flyer at website above
 - Maybe try to tie it together with the art department somehow for K-5th grades and JH art.

Open floor for comments, suggestions, or other.

Miles Pennington commended the efforts of getting the staff and district involved in a Biggest Loser Competition and the move towards encouraging the staff to get healthy. He included his personal testimony on his own weight loss and said that everyone has their own reason for wanting to get healthy and fit whether that is from a competition, motivation to lose a few extra pounds for a doctor’s appointment, just wanting to do it for your own health, or for a spouse/family member.

Cameron Krailo suggested trying to partner with some local businesses/restaurants in town, like Subway, to offer students and staff members a small discount for choosing to eat there since a lot of families are so busy and fast food is their only option for meals. Choosing a healthy option, like a sandwich or a salad, and getting a small discount would be motivating for them. He also mentioned checking with the district insurance provider to see if they offered discounts at local gyms for staff members.

Tracy Walukas gave the name of two local parents/community members who work in the health/wellness field at local businesses and suggested contacting them for some type of discount for services such as a free month of gym membership to kick off the competition, or a free/reduced rate for wellness services offered at Yama Yoga.

All members agreed that this is a great start towards getting our staff and students on a healthy initiative and that we will continue to evaluate the progress annually or bi-annually.

End time: 4:15

