



Mayor's Fitness Council

City of San Antonio

Highlights from the Community Committee Our Lady of the Lake University, May 10, 2018, 3-5pm

Organizations Represented: City Council District 5, Arthritis Foundation, South Texas Off-Road Mountain Bike Association, AACOG, Alzheimer's Association, Alamo Colleges, Centro Med, ESC-20 (Texas Education Services), Methodist Physician Services, Natural Grocers, Trinity University, YMCA, Kinetic Kids, NIMA, Our Lady of the Lake University, Lonestar Fit Kids, Parks and Recreation, Guardian Events, Nu-U Fitness, I Do Yoga, SEVA, San Antonio River Authority, and San Antonio Walks. 27 folks attended in person or by phone.

Our Host: Our Lady of the Lake University (OLLU) Senior Women's Athletic Administrator **Adrienne Rodriguez** welcomed us and offered a short bio on the university and its recent partnerships in wellness. She stated that OLLU has been in existence since 1895 when the Congregation of Devine Providence built the school, originally starting in Castroville, and then eventually moved to San Antonio. Recently, OLLU was named as the 6th best online college/university in the US. Most of the students come from El Paso and the Rio Grande Valley but that the local area has many enrolled too. With satellite facilities in Houston and La Feria, OLLU has over 3000 students; however, many were on vacation during our meeting at the OLLU's Wellness Center. OLLU's athletic programs are broad covering golf, intramural team sports, cross country, soccer, track, and even cheer. As the primary manager of their wellness center, Adrienne mentioned that OLLU wishes to get more involved in community activities and partner with local and business organizations in offering wellness opportunities for our city. She stated that students also have service learning projects that provide the potential towards helping communities improve services. We thanked her for allowing us to meet at the Wellness Center, and we hope to interact further with our many wellness-oriented projects.

Agenda Topics:

SICLOVIA: Bert Pickell shared details of the recent Siclovía on the new south route which covered Roosevelt Park, Concepcion Park, and the Harvey Najim YMCA-Mission Drive-In area. Over 60,000 folks attended by cycling, running, walking, skateboarding, etc. Weather was great but warm. With great support from MFC Staffer **Andrea Tan** and Task Force volunteer members **Shari Gaienne-Miller**, **Dr Alexander Hutchison**, **Kristi Docwra**, **Bert Pickell**, (and later MFC's **Dr Mrudula Rao**), the Mayor's Fitness Council set up an informational table at the Roosevelt Park Reclovía. We shared with the public information about the MFC and some of our partner activities. We also polled the public with the following question:

"Where do you get information on healthy activities for you and your family?"

We had close to 300 responses with the overwhelming answer being Facebook, followed by Internet, TV, website, and others ("Word of Mouth", being a major response). Not surprisingly, getting information from a newspaper was the lowest score tabulated. However, the task force noted that many of Siclovía's attendees were mobile, usually on bikes and definitely active or could get to the event location. We did notice one group – Haven For Hope – that supports the homeless and jobless population – ferrying members to the event. Yet, we believe most

Siclovia participants were families – especially pet owners and cyclists – who frequently participate in outdoor activities. Bert stated that even to have so many residents attend during a weekend that also had the Komen Race For the Cure, and many other walk-run-cycle type events, is just phenomenal. A detailed report of the MFC's involvement at Siclovia will be given to the Executive Committee.

We thanked the YMCA and CE Group for their leadership and support in managing this year's Spring Siclovia. We look forward to the Fall version, tentatively set for September 29 on the downtown Broadway route.

IDO YOGA: Dr Hetal Nayak gave an update on the International Day of Yoga activities. With assistance from Shari Gaienne-Miller, Dr Nayak stated that the actual **International Day is June 21** (Summer Solstice) and activities are planned in all city districts. However, she highlighted the large **FREE "Yoga For Warriors" event which will be held at the Henry B. Gonzalez Convention Center from 8am to 6pm on June 9th**. Using breakout rooms and outdoor facilities, the event will provide an enormous amount of yoga education and varied yoga activities. Dr Nayak gave a slide presentation of the various tracks that will be occurring at the Center concurrently so that participants can pick and choose which activity to attend. She also mentioned there is an "Immersion" track which would be ideal for folks new to the concepts of yoga and that small segments of all the presentations will be brought into the Immersion breakout. Dr Nayak stated that the goal of the IDOYOGA activities is to "focus on health and well-being, and to make San Antonio the healthiest city in the nation." She also stated that 80 percent of all deaths in the US are from non-communicable diseases, or from inactive lifestyle. Dr Nayak asked partners to consider participating in the large conference and the district activities, either as active vendors or in participating in actual yoga tracks. Dr Nayak mentioned that families can bring young children to the conference during which kids can participate in a youth-developed track while parents are involved in the other activities. Dr Hutchinson, who will be teaching a block on PTSD, suggested that the Yoga event coordinators do background checks on yoga staff that will be interacting with kids in the day-long tracks. Many of us in the meeting shared specifics on how to get inexpensive background checks accomplished efficiently. Shari also mentioned the activities planned at the district level, and that fellow yoga committee members could go to businesses, schools, and other organizations in passing details of the conference. We shared flyers of the upcoming conference.

Get Strong with Mayor Ron: As we highlighted in past meetings, our two Get Strong with Mayor Ron events – a mini-Cross-Fit workout at Pittman-Sullivan Park and a Work Out Help Out landscaping activity at Hardberger Park – were huge successes. Our next Get Strong with Mayor Ron activity will be on **Saturday, June 2 with a CHEF teaching kitchen** activity at the downtown Children's Hospital. Since kitchen capacity is limited, **Facebook Live** component will be set up at 10am so that communities can participate. According to Andrea Tan, the CHEF team will be preparing Broccoli & Cheese Frittatas and possibly a Greek Yogurt Bowl if time allows. We will post further details on Facebook and at www.FitCitySA.com.

MFC Staff & Committee Updates:

Staff Feedback: For the folks who couldn't make our last meeting, we passed along details from MFC chair Eric Cooper on the MFC mission. Our established mission statement is "**to lead San Antonio to be one of the healthiest and most active communities in the nation, in which residents and organizations work collaboratively to achieve targeted health and**

fitness goals.” We asked that all attending members look to see how they can participate and work with the MFC in reaching this attainable vision.

We also passed along details of the other MFC committees, highlighting the **Healthy Schools** committee which focuses on improving nutrition and physical activity in children through school-based programs and through the promotion and support of the MFC Student Ambassador Program. Many of our Community Committee members assisted ambassadors either with their projects or in offering advice during panel presentations. We also reminded everyone of the Ambassador’s Recognition function happening after the meeting at the SAISD Convocation Center. A handful of members were planning on attending.

On the **San Antonio Business Group on Health (SABGH)** side, we read the established mission of this employee health and wellness program for organizations, and we mentioned upcoming SABGH forums and activities. Of course, we encouraged members associated with organizational fitness to offer partnership and mentor support to the SABGH via the MFC. The next SABGH Forum is set for Friday, June 8 at 9am the Witte Museum.

Lastly, Bert read the working mission statement of the **Community Committee** – “to promote wellness programs and community activities that motivate people of all ages, backgrounds, and abilities to live a healthy lifestyle.” Through extensive partnerships and teamwork with public, private, and non-profit leaders, our committee engages and empowers communities to seek physical activity and adopt good nutritional traits.

We suggested that all members become more familiar with the MFC’s expanding missions and what opportunities our various committee structures could offer for community and partnership. The Community Committee can provide that initial “first impression” to the public looking for wellness education, assistance, and motivation. As noted with Siclovia, we hope to establish more mini-task force projects in addressing and working key wellness topics.

MFC Endorsements: Prior to the meeting, our members had the opportunity to review another batch of events and programs that were submitted for MFC Endorsement. During our review process, we looked for activities that “give back” to the community and support our MFC mission. The more detail in the submission process helps expedite the review, but we also ask that all submissions are made well in advance so that, if approved, we will provide effective feedback and also promote the programs and events on FitCitySA and on Facebook.

Partner Initiatives:

South Texas Off-Road Mountain Bike Association (STORM)’s Brenda Gonzalez informed the attendees of the association’s activities, highlighting their active development of signage for McAllister Park from an REI grant. As May is National Cycling Month, Brenda mentioned their monthly and weekly rides, and passed along details of their women’s cycling group the Rebel Betties. With no membership dues, STORM puts on two races a year. For details on STORM, please check out <https://stormmtb.org>.

Arthritis Foundation’s Pat Bodet passed along flyers of the upcoming **Walk to Cure Arthritis** set for Saturday, May 19 at Olmos Basin Park. Pat highlighted the walk’s goals, the continual involvement from the public and media, and that there are always opportunities for organizational vendors to participate. Pat also mentioned the Foundation’s other big event; the

Jingle Bell Run 5K is set for December 8 at Valero HQ. During the meeting, Pat stated that she was hoping the Yoga committee members be involved in the walk.

AACOG's Valerie Biediger passed along two major events. With May being Older Americans month, AACOG will be offering **CARFIT** a free, interactive, and educational program designed to improve older driver safety. CARFIT will be held on May 16, 9 to 11am, at St Paul's Community Center (1201 Donaldson). Valerie also mentioned the annual **Games For Life** activities set for June 9, from 10am to 2pm at Blossom Athletic Center. Games are for long-term care residents, and will offer running, throwing, racing, arts & crafts, and even a pep rally. Medals and trophies will be given out. While there isn't a major need for volunteers, Valerie stated that the Games need an MC and also a national anthem singer. If anyone wishes to get involved in, please contact Valerie at (210) 362-5220.

District 5's staffer Dora Galvan passed along flyers of District 5's upcoming **WestClovia** set for Sunday, May 20 in the Avenida Guadalupe area. WestClovia is the Westside's version of Siclovia with activity stations and community vendors as various streets are closed. Dora stated that she is looking to get support for vendors and activities.

Guardian Events' Christie Carrasco highlighted the Toddler Games Freedom Fest set for September 15 for toddlers ages 2 to 5 at Rosedale Park. The group will also hold a Beat the Clock fun run on October 20 at Woodlawn Lake in which 12 crazy games must be completed in 60 seconds and the entire race within 60 minutes. Check out www.the-toddler-games.com, and www.beattheclockfunrun.com, respectively.

ESC-20 (Texas Education Services) Gretchen Elkins thanked the group for the connections she's made so far. She hopes to reach out to adult and child care centers through an upcoming wellness fair and through the interaction with the Healthy Schools committee.

Centro Med's Kristin Pudleiner also thanked the committee for the connections she continues to make as Centro Med is looking to provide wellness support throughout San Antonio. They have been supporting the Southside and the Walzem areas recently.

SWBC's Chris Dillon reminded the group of his role in designing wellness programs for organizations. He currently has over 50 clients that range from providing biometric screening to basic involvement in health fairs – he offers the whole dimension. Chris also stated that he is on the American Heart Association's executive board and helps them develop their Heart Walk, tentative scheduled for November 10.

Parks' Jonhathon Espinoza passed along details of the free **Mobile Fit Van**, a traveling wellness vehicle that offers health screenings and exercise classes. As there is much demand for the van, folks wishing the van come to their event or organization need to contact Parks well in advance. Visit www.sanantonio.gov/parksandrec and click on the Mobile Fit SA link.

Parks' Travis Davey also updated the group on the 10-week Fit Pass program which will kick off on June 9 till September 8. We refer folks to past comments below on Fit Pass:

- Fit Pass is a community incentive program to get people engaged in health and wellness activities. All events and programs are either free or low cost. Using a Passport booklet, participants gather points after attending various wellness activities. Partners offering the activities stamp booklets or give event codes which can also be used in tracking involvement online. Similar to past years, Parks provides a free, downloadable APP

which is used to pass along details of activities, geo-located to where participants are. The APP is the same one which highlights the 700+ monthly classes in Parks' popular Fitness in the Park program. The actual Fit Pass dates for activities and to accumulate incentive points will be June 10 to August 18.

- Partner activities must follow four (4) areas: Fitness, Nutrition/Education, Volunteerism, and Featured Events. By actively participating in activities, Fit Pass-registered folks gather points to redeem for incentive prizes. This year's points ranking system has changed to ensure that all participants have opportunities to snag prizes—not just the super athletes or participants who just acquire points for simple attendance. 50 points gets participants a Siclovia hat. 100pts gets a hat and cookbook. 150pts gets a hat, cookbook, and kitchen gadget to go with the cookbook. 200pts will result in fitness equipment. 250pts will be body fat monitors. 300pts and beyond result in (but not limited to) Fitbit watches, GoPro cameras, bicycles, gift cards for Mission Kayak, etc.
- Fit Pass will have a Kick-Off 5K on June 9 at Pearsall Park, and a Closing/Awards Ceremony/5K on September 8 at LBJ Park. Both events are FREE to the public and Fit Pass activity partners will be offered a free vendor table at the events.
- At our last meeting, we encouraged partners to offer Fit Pass activities and prizes to pass along to participants. As of press time, submissions were being reviewed and once approved; affected partners will be given instructions, stamps, online codes, and a supply of booklets. In return, partners will need to give weekly data, constructive feedback, and photos of activities.

Trinity University's Katherine Hewitt stated that 2019 will be the university's 150th anniversary and she hopes to celebrate by establishing some activity, possibly an incentive program focusing on 150hrs of activities. There may be an opportunity for committee members to participate. Katherine also reminded the group that their employee wellness program sessions, or "Chat & Chews" is popular and she is looking for speakers willing to share their concepts and programs. She also hopes to connect with Parks in setting up Fit Pass and Fitness in the Park activities to benefit staff and students. Katherine did mention that through the Community Committee she was able to connect with the Kinetic Kids program for activity support.

Alzheimer Association's Cacie Waters thanked the committee for its support for their recent walk and flag football events as the association increased community awareness and support. She also offered a fundraiser flyer focusing on June 21, "The Longest Day."

Kinetic Kids' Catherine Easley mentioned the Kinetic Kids' Expo & Super Summer Carnival on June 7 from 9:30 to 1:30 at Mission Concepcion Sports Park. Catherine reminded the group of their Paralympic training program known as XTREME which covers swimming, tennis, wheelchair basketball, and wheelchair track & field. For further details, check out www.kinetickidstx.org.

Natural Grocers' Jennifer Quintanilla reminded the group of the free health coaching classes she offers and is willing to come out and do Lunch N' Learns. She highlighted partnerships with Nationwide, SA Botanical Garden, and others. Natural Grocers plans to be involved in the Fit Pass, and they continue to offer support to non-profits as a location for event packet pick-ups.

San Antonio River Authority's (SARA) Mike Gramley attended his first meeting. As SARA's new recreational supervisor and challenged with increasing involvement at venues which are

underutilized, Mike expressed great appreciation for this forum, and hopes to provide much support to organizations who take an active role in our city's wellness.

OLLU's Adrienne Rodriguez also stated that she oversees all the recreational and fitness activities in their Wellness Center. She is always looking for partners willing to come into the facilities and provide opportunities for student athletes.

Lonestar Fit Kids' Dr Alexander Hutchison (and new assistance director to Ms Rodriguez at OLLU) gave an update on kids' activities. He mentioned that the fundraiser Boogie event is still set for May 12 at the Museum Reach VFW 76 with one ticket left! Alexander informed the group of the next Fitness in the Plaza training class set for May 26 at 9am at the Tobin Arts Center.

The planned Lonestar Fit Games set for October 13 has been moved to OLLU as the university has the Mabry Auditorium if outdoor weather is a challenge. As a reminder, the games are for kids ages 5 to 10. Costs are \$5 per child up to September, and then \$10 two days before the event. Shuttle running, pushups, sit-ups, and broad jump are the main activities in the games. Alexander thanked Parks for the jump ropes that will be given to kids, and he also reminded the group of the unique Texas College Fund awards, possibly of \$100 to \$300 for winning participants in each age category. Alexander did say that kids will need to provide birth certificates or some birthing document to insure event fairness. For details, check out www.lonestarfitkids.org.

San Antonio Walks' Bert Pickell reminded the group once more of available walking presentations and demonstration for communities and organizations. He also highlighted the continual growth and relationship-building potential of the national Walk With a Doc program, emphasizing how easy it is for a physician, nurse, or medical professional to set up a walk and how the community will respond if promoted effectively. "It could lead to directly affecting change in some of our community's grave health concerns." Bert also provided a community walking schedule set to begin in mid-June offering free walk training on Tuesday evenings.

Task Force Opportunities: Since our meeting went long, our planned MFC Summit task force was not able to meet. However, a future meeting is set for May 18 at Natural Grocers. Bert reminded the committee that "we can easily put together mini-task forces in discussing and developing team approaches to various city projects and major key issues. The recent Siclovía task force volunteer group was a super first example of our potential in working together."

Miscellaneous Items:

Meeting Attendance: We thanked Shari Gaienne-Miller for helping with the administrative teleconferencing process for the meeting.

Partner Information: Many of our attendees brought additional flyers and handouts which we made available during the meeting: Mayor's Fitness Council (tri-fold brochure), Vision ZERO Summit, Tobacco 21 (which is effective October 1), YMCA's Strong Swimmers' Swim Lessons and Water Safety, San Antonio Orthopedic Group's Walk-In Injury Clinic, Centro Med Health & Wellness Events Calendar, and WalkFIT (competitive fitness walk training).

We also passed around a very informative article titled, "Let's Talk About Mental Health" which has been noted in several local publications.

Bert mentioned that while San Antonio Sports were unable to attend today's meeting, we noted that their annual Fit Family Challenge kicks off with the FREE District 4 Hero's 5K/10K on May 12 at Port San Antonio. Please visit <http://sanantoniosports.org> to review the weekly schedule of activities and consider participating in future district-related Fit Family Challenge events.

We asked all members to be prepared to either brief or offer information so that we can help spread the word and help our city reach wellness success. Of course, attendance is preferred at our meetings as volunteer support and relationship/teambuilding occur quite frequently.

Next Meeting: Next Mayor's Fitness Council Community Committee meeting is **Thursday, June 14 at 3pm at the San Antonio Botanical Gardens.** Our meetings are open to the public.

Bert Pickell
Chairperson – Community Committee
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