

**City of Medford  
and**

**Medford Water Commission  
Health Promotion Team**



**MEETING SUMMARY**

**AUGUST 19<sup>TH</sup>, 2014 ~3:00 PM – 4:00 PM  
EAST CONFERENCE ROOM #375**

**Roll Call – Sign-in Sheet**

Kim Budreau, Police  
Karen Spoons, CMO/CRO  
Lori Cooper, Legal  
Chris Olivier, Planning

Sue McKenna, Parks  
Shani Pearce, Human Resources  
Elizabeth Simas, Human Resources

**Review of Minutes.**

❖ **Feedback from Asante:**

- Statistics show that approximately 70% of our employees are overweight.
- Healthy weight management will be the focus of this year's HPT and promotions and challenges will reflect this.

❖ **2014-2015 HPT Goals:**

- Goals were reviewed and approved.
- Goals will be distributed with the August 27<sup>th</sup> paycheck.
- "Weight of the Nation" was discussed and we will try to offer lunch hour viewing.

❖ **2014-2015 HPT Calendar:**

- Calendar was reviewed and approved.
- Additional dates may be added.

❖ **Century Club Challenge:**

- Employees completing 100 miles in 100 days (walking or running) will become part of the "Century Club" and receive a t-shirt.
- Those completing 200+ miles in 100 days will become "Double Century Club" members and be entered into a drawing for additional prizes, including a Garmin VivoFit.
- Century Club Challenge was approved.

❖ **Bike to Work Challenge:**

- We will do a drawing for 4 pairs of movie tickets for those meeting the requirements for the bike to work challenge.

Meeting was adjourned at approximately 3:55 p.m.

The next regular meeting is scheduled for September 16<sup>th</sup>, 2014, 3:00 – 4:00 p.m., East Conference Room #375.