

HCHC Active Living Task Force

June 5th 2019

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As a small group, we reviewed the update strategic plans that Jasmine sent with the meeting invitation and identified a few strategies would could accomplish within the next few weeks to spark some motivation within our task force.

We selected these strategies to focus on over the next month:

1.4 Incorporate exercise equipment at parks throughout Hill County: We discussed using natural resources to create an outdoor fitness space. We will try to include local service organizations like 4-H, Boy Scouts and Girl Scouts as volunteers

1.5 Promote walking/biking throughout the community: we will focus on bike racks in many and various locations. We will involve the HHS and MSU-N welding programs

1.6 Offer indoor fitness opportunities during the winter: We need to identify an entity to carry the liability insurance for these activities. HMS is an ideal location due to the variety of equipment accessible to people of all ages i.e. rock climbing, tumbling on mats, weight machines.

1.7 Incorporate a wellness incentive program for the community: This would be ideal to kick off at the New Year encouraging cooperation between all the fitness centers and creating incentives for people to use all the fitness centers...particularly to prepare for the 2020 marathon.

We also discussed strategy 2.1 Use different media in order to reach more people: We discussed the Havre Area Events web page and discussed the need to promote the use of that as a one-stop source for all activities in the area.

Finally we identified another priority for our task force is to create health communities by reducing waste at area events. Wanda Merideth is involved in Recycle Hi-Line so Diona Buck will connect with her. We would like to start by looking into recycling bins at the upcoming July 4th event in Pepin Park. We also discussed the possibility of refillable water stations rather than water bottles. Finally we would like to look into biodegradable plates and utensils for the event. We need to identify this year's event organizers.

Next meeting: Thursday June 20th at 3 pm in the Timmons Room of the Hill County Courthouse.