



Be Safe. Be Well. Be Healthy.

**Board of Directors
MEETING MINUTES**

Wednesday January 18, 2017
11:30 a.m.

Burleson City Hall
141 W Renfro, Burleson ,TX
Council Chambers

Present

Belinda Alles
Carsen Bevel
Lisa Duello
Jesse Elizondo
Coralee Flug
Michael Halsell
Jessica Hamilton
Kathryn Hovland
Emily Jones
Natalie Mullin
Alex Philips
Stacy Sturlin
Lisa Flynn
Karen Goodman
Josh Jacobs
*Ashli Logan
*Kim Autrey
Eric Brown
Jennifer Palmer
Vanessa Overstreet
*David Cohen
*LaBeth Carter
Vanessa Longoria
Katelyn Tyler

Not Present

Erica Bevel
Tabitha Butler
Mikala Hill
Jammie Josephson
Jules Knight
Louis Giddings
Sarah Stephens
David Wardlaw
Jessica Mack
Elizabeth Acosta
Tara Meyer
Jon Walker
Priscilla Shields

Present:

Be Healthy Burleson Coordinator: Lisa Poteete

1. **Call to order/ Introductions:** **Time:** 11:50 a.m.
2. **Minutes & Financial Transactions**
 - A. **Approval of November 9, 2016 BHB Board of Directors meeting minutes**

B. Approval of Financial Summary - Attachment A

Motion to Approve Minutes & Financial Transactions by Lisa Duello; Seconded by Carsen Bevel. Approved by unanimous vote (25-0)

3. Monthly Health Awareness Activities

A. Report - No Shave November and Bikes for Angels

Be Healthy donated \$1,000.00 for Bikes for Angels. Natalie Mullin advised that approximately 80 bikes were given out to kids in need at Taylor and Norwood Elementary schools. The event was a huge success.

Natalie Mullin advised that the money donated for 2nd Grader Swim Lessons helped 950 children learn to swim!

B. February

- Heart Health Month:

February 7, 2017 Heart Fair @ the Fitness Center

Elementary Schools will host Jump Rope for Heart event/ BISD

C. March

- National Nutrition Month

- Colorectal Cancer Awareness Month

Request for: Sources on good nutrition

Fitness tips from local businesses: C3 Cryo/ Camp Gladiator/ Texas Health Dietitian, Etc.

4. Website Content

A. Recipe and fitness recommendations

B. Health and wellness related articles

C. Calendar for February & March

D. Professional headshot & title

- send to: lpoteete@burlesontx.com

Lisa Poteete has met with the web designer and the site is close to finished. The board was able to view the site as it is right now. Lisa advised they are working on the graphics and has requested help with the content. Please email your upcoming events to her so she can start posting them on the Be Healthy Burleson calendar.

5. Be Healthy Burleson Committees

A. Report: Be Healthy Burleson Business Certification Committee

Constructing guidelines: Restaurant guidelines complete.

Texas Brewery has already added several "Healthy" choices to their menu

Alex Philips is working with Fresco's to do the same. He will update the Board at next meeting.

Working on School guidelines following the "Blue Zone School Pledge". BISD's Wellness Policy guidelines will be used for the Bronze level award

Next meeting: TBD

B. Report: Be Healthy Burleson Annual Run Committee meeting

- **Next meeting: Wednesday, February 8, 2017 @ 10 am**- and will be set through February and March for every other week until the run.

- Flyers are out advertising the 5k/10k/Fun Walk on April 22, 2017
- Sign up at Behealthyrun.itsyourrace.com
- Cox Racing will be overseeing the race/ Deposit of \$1,000 has been paid
- Goal is 1,000 participants
- Cost for Vendor Space is \$50.00. \$40.00 if you are a BHB Board Member
- Volunteer Groups are needed- welcome any suggestions
- Business Sponsorship is still needed also
- Incentive idea for school teams: School Team with the most participants wins \$500 for their school for Physical Ed equipment

6. Community partners' upcoming events

- Saturday, March 4th @ 8 am – 1st Annual Indoor Sprint Triathlon- Texas Health Consisting of: 10 min Swim, 30 min Biking, 20 min Run
- Saturday, March 25th @ 12:00-3:00pm- Burleson Fire Department Open House Facility Tour and Educational Information ie; Pool Safety, Fire Safety
- Every Tuesday- "10 on Tuesday" Pledge to pick up 10 pieces of trash every Tuesday. (Neighborhood Services- Director Lisa Duello)
- Texas Health Resource will be presenting an Award for Healthy Living at the upcoming Chamber Luncheon to a business that promotes healthy living for their employees.

7. Determine date for next board meeting – March

Wednesday, March 8, 2017 at 11:30 a.m.

8. Non-Agenda Comments

Goals for 2017: Launch the Certification Program
 Track Participation in Be Healthy Burleson
 Finish the Website- grow content
 Continue Community Workouts- No summer workouts

Committee Purpose: Promoting Safety, Wellness, Healthy Lifestyle and Education within the community

9. Adjourn

There being no further business, Chair Alex Philips adjourned the meeting.

Time: 12:34 pm

Karen Goodman, Recording Secretary
Be Healthy Burleson Coordinator