

CPRA FITNESS TEAM MEETING MINUTES
Wednesday, January 20, 2010
East Boulder Community Center

1. Welcome and Introductions

The meeting was called to order by Ellen Martin at 1:00pm with the following members present: APEX: Lynn Weis, Russell Van Marter, Terrell Goodson, CITY OF BOULDER: Steve Whipple, Susan Golden, Barb Bradley, Casey Brickman, Sarah Brown, Cara Coyne, Summer Kennedy, Content Von Roenn, CITY OF LAFAYETTE: Sean Von Roenn, CITY OF BROOMFIELD: Veronica Mueller, CITY OF LAKEWOOD: Polly Zimmerman, CITY OF ENGLEWOOD: Rowan Velasquez, GOLDEN COMMUNITY CENTER: Angela Shea, CITY OF BRIGHTON: Karen Okano, TOWN OF SILVERTHORNE, Renee Rogers, SOUTH SUBURBAN PARKS & REC: Kristin Anderson, Ellen Martin

2. CPRA Board Update

- Stephanie Stephens welcomed us as we are now a Fitness Sections although we are on probation for 6 months.
- Stephanie provided an overview on CPRA and encouraged us to get involved with other sections. Use CPRA as a resource and ask questions!
- The Fitness Section will be added to the website.
- Feb 15th is the deadline for articles in the Byline – possibly a good project for the interns!

3. Interns and Wellness Works by Simply Well

- Summer Kennedy presented on the internship program at Boulder – very successful program saving over \$100,000/yr with 25 interns
- Contact Summer if interested in a copy of the internship guide book – kennedysu@bouldercolorado.gov
- An overview of the wellness program – Wellness Works! Track points using the SimplyWell Program and earn rewards <http://inraweb.ci.boulder.co.us/wellness>

4. Announcement of 2010 CPRA Fitness Team Board Members

- Chair – Rowan Velasquez – City of Englewood
- Past Chair – Claudine Low – City of Louisville
- Chair Elect – Cindy Phelps – City of Westminster
- Secretary – Kristin Anderson – South Suburban Parks & Recreation
- Treasurer – Renee Rogers – Town of Silverthorne

5. 2010 Goals

- Discussion on how can we increase attendance and meetings? Please spread the word. Possibly we can market on CPRA website as we are a new section looking for new members.
- Commercial Members – can be involved but not in leadership roles within our section. This is not an opportunity for commercial members to sell product, but to utilize them as a resource. We could look into charging \$50 per commercial members for future meetings if they want to present as a fundraiser opportunity.

6. Info Sharing

- Boot Camp – Karen Snortland, Lafayette
- FitTour Certifications – Beth White, Castle Rock
- Willpower and Grace with Stacy – Terrell Goodson, Apex

7. Other Discussion

- July meeting in Silverthorne has been change to **Friday, July 23**
- Foam Roller Workshop @ Apex Feb 20 \$25/\$20R
- SilverSneakers focus group possibly to form in near future
- Discussion of TRX – suspension training

8. NEXT MEETING

- Wednesday, March 17th – City of Brighton