

Review of the Healthy Lombard Meeting Held on Feb. 1, 2012

We Welcomed

The Midwest Dairy Fuel Up To Play 60 representative Lorna Riggs. Lorna then presented Jay and Tod with a plaque acknowledging Healthy Lombard as a FUTP60 a Gold Level Partner. Midwest Dairy coordinates this program with the NFL as a way to promote nutritious meals and 60 minutes of daily activity. Through this group school can apply for funds available to help with other programs that promote healthy living.

Update Highlights:

Dr. Kelly Sims, West Suburban Wellness – new addition to staff

Jean Hopkins, District 45 – District Changed school menu/supports brain breaks

Patty and Cheryl / Helen Plum Library

One Stop Shopping/Books and CDs promoting Healthy choices/
Promoting Leap Day Activities on Feb. 29th!

Stephanie / Campfire USA

“Hold Out to Health” a nutritional and spiritual program

Tracy / Health science University

Health Office on campus is open to public

Programs: Proper Nutrition & Wellness and Fitness February

George / Sky

Biggest Winner Program is an 8 week adult based program. They offer \$1 for each pound lost. for 13 yrs or older. Offers Child Safety Seminar. With all the attempt abductions of late will offer, free to the community, on Feb. 18th & 25th. could be a possible fundraiser for the PTA. Contact George with any questions.

John Miller / DPC

Forward Program

with the Health Dept “Start the Heart” AED program March 10th

Team Insanity- Fitness Clubs on Sat. Kids to Adults F3 Fitness
Healthy Nutrition located in Winfield

Rick Osborne

Program: Pull Your Own Weight

Radio Show, a special thanks to the members of HL who graciously
been a guest on his show.

Chuck / TriTown

Program: PYOW Offers after school programs, offers healthier
snacks and would like to push "Limit Screen Time"

Dr. Dave Dungan

been in practice since 1992 , helps community thru Tri-Town,
including Villa Park.

Deb / Lombard Park District

Runs the Water Park. LPD offers karate and youth zumba

Lorna Riggs / Midwest Dairy Council

works to get K-12 active

Sue Early / Elmhurst Hospital

Community Service program: Health Connection

Bob Golden / State Farm and Lions Club

Dr. Dan Coffee

works with personnel trainers, specializes in those in pain to get back
to work.

Erica / Health Trax

Offers discounted rates and free seminars.

Christine / Good Sam Hosp, Wellness Center

Offers class @ GEHS . To open the Field House for guided
activities.

Nancy / Jr. Women's League

Promote healthy eating among the club members with healthy recipes. In March, promoting "Get Up and Go"

Karey Costello / Venture Crew 202

Promotes healthy activities in scouting thru hiking and camping.

Health Fair- Fitness February at NU

Healthy Lombard Paper and flyers available

New Business:

GYM Bags- get yourself moving. Bag filled with some of these tools: jump rope, frisbee and balls. Showed members Schoolscape video of Deb Surdnam, Mia and ??? talking about the GYM bags.

George Skye donated \$100 to this cause. Brainstorming went on how they could get bags to all the second grade in District 44. Maybe 20 bags. Nancy from JWL will ask for old toys at home to donate.

Website: talk with John Miller re: what he uses.

Note: send out 'phone book' to all HL members.

submitted by: Karey Costello