



Ocean City : Healthy Living Advisory Council

Purpose of Council: This Council develops, endorses, sponsors and provides information on community health and fitness activities to encourage wider participation in good health practices.

Minutes - meeting held Tuesday **Jan. 8th, 2019 (Approved Feb. 12th, 2019)**

Attendees:

Kathy Quinn

Lisa Montgomery

Ian Wright

Previous Minutes – Dec 11, 2018 – Draft to be approved

Discussion:

1. Outline 6 month game plan

- a. Winter: Jan through March – Postings in Library and Fitness center covering 'detox'.
- b. Spring: Ride your Bike to School/Work (Randall and Lauren)
- c. May/June – Health fare on the Boardwalk covering fitness and education. Have Speakers at the 9th St. Pier with food outside undercover.
- d. Restaurants – Healthy Menu choices. Make up flyers for restaurants to advise what they provide.

2. OC NJ Facebook page – Lisa is posting items and would appreciate input.
3. Outside 'Fitness Trail' (from Swiss Parcourse) combines fitness exercise stations along a walking/jogging trail. Perhaps best sight is bike trail. After an overall plan is designed, exercise stations could be built over a number of years to keep initial costs down

Action Points/Follow Up:

1. Lisa – Contact Michael Allegretto on a number of items, including, costs around use of Pier and budgets.
2. Lisa agreed to obtain contact details for all Council members and whether meetings could be posted on OC web site as are other committees.
3. Kathy Q – Contact Lauren/Library re use of Library.
4. Ian
 - a. Draft minutes
 - b. Research Exercise Stations

Next Meeting: Feb. 12, 2019