

General Staff Meeting

Chan Shun Hall, Room 108

January 17, 2007

No. 11

The meeting was called to order at 4:00 pm by Rebecca May	CALLED TO ORDER
Rebecca May—3 John 2: “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”	PRAYER
Wanda Swensen presented the CHIP program, which stands for Coronary Health Improvement Project. This program is a lifestyle program designed to give the member the tools to lower blood pressure, weight and cholesterol, leading to better overall heart health. The CHIP program will be held at PMC on Feb. 28. Please contact Wanda Swensen at x3632 for additional details.	CHIP PROGRAM
Pat Spangler introduced a program called Yourself Fitness. This is an at-home workout that is tailored to the user. You can access this program online at www.yourselffitness.com . This program is available for PC, Playstation or X-Box. Please contact Pat Spangler at x3315 if you are interested in more details.	YOURSELF FITNESS
Joanna Sudds gave a presentation on a program for Andrews University that will mirror the television show <i>The Biggest Loser</i> . The program begins on Jan. 24 and is available to all employees. There is a \$50 sign-up fee and from that fee there will be a monetary gift given at the end of the 3-month program. A nutritionist and fitness instructor will be available to help the participants. Please call Joanna’s office at x3470 for additional details.	LOSE TO WIN CHALLENGE
Marsha Beal presented the Weight Watchers program as yet another way to get in shape. She had joined 18 months ago and feels this program was right for her because it provided an accountability and motivation to keep her on track. Please contact Marsha at x6200 if you have any questions about the Weight Watchers program.	WEIGHT WATCHERS
Greg Morrow talked about the Microfit program. This nationwide program is available right here on the campus of Andrews. Microfit helps keep a check on your fitness and health levels. This wellness assessment is available for \$25 and takes about 20 minutes. The program provides an awareness that may be the key to help motivate you to become a healthier you! For those already involved in a fitness program, Microfit is a good way to measure your progress. For additional information, please email Greg at gmorrow@andrews.edu .	MICROFIT
Chip Meekma was introduced as the first Staff Employee of the Month. He received a handshake from Rebecca May in honor of this award. Chip then shared his fitness journey and encouraged others to make a lifestyle change. Anyone wishing to nominate a name for Staff Employee of the Month should do so at least one week before General Staff Meeting. Send nominations to the GSM Planning Committee, zip 1000.	STAFF EMPLOYEE OF THE MONTH
Marvin Budd stated that a committee of four, including Trevor O’Reggio, Jacquelyn Warwick, Marsha Beal and himself, will be working on developing a communication, PR and marketing plan for the Senate group. Also, the ad-hoc committee will be making a presentation to the Senate on Monday, January 22 at 5:15 pm. This meeting is open to the public and will be held in room AD307.	SENATE REPORT
The meeting was adjourned at 5:02 pm.	ADJOURNMENT
Rebecca May, Moderator Marla Hayman, Recording Secretary	
Upcoming dates for General Staff Meeting: Feb. 21, March 21, April 18, May 16	