

**New Hampshire Governor's Council on Physical Activity & Health**  
**September 15, 2009**  
**State House Room 100**  
**4:00 – 5:30pm**

**GOVERNOR'S COUNCIL ON PHYSICAL ACTIVITY & HEALTH**  
**GOAL, MISSION AND VISION STATEMENTS**  
**2009-2010**

- |   |          |
|---|----------|
| I. Call to order                        | Travis   |
| II. Review June Retreat Meeting Minutes | Everyone |
| III. Review goals, mission & vision     | Everyone |

**Goal**

Create a clear, simple message that is memorable and powerful that will serve to expand the Council's role as an important advocacy agency for the promotion and improvement in physical activity and health initiatives in NH.

**Mission Statement**

To promote a healthy lifestyle for all NH residents, through an emphasis on physical activity and fitness, by working in cooperation with all sectors of society.

**Vision Statement**

The state and its communities embrace and support a culture that promotes physical activity and physical and health education. All NH residents value and regularly engage in a healthy level of physical activity and fitness.

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|--|--------|
| IV. Introductions of visitors                    | Dan    |
| V. Finances                                      | Dianne |
| VI. Committee Updates                            |        |
| A. Marketing/PR/Advocacy Committee               | Travis |
| i. 2009-2010 Goals & Objectives                  |        |
| 1. Website                                       |        |
| a. Cross Linking (Long Term)                     |        |
| b. Governor's Homepage addition                  |        |
| c. TV/Streaming                                  |        |
| 2. Directory                                     |        |
| a. Add to existing directory                     |        |
| 3. Grants  |        |
| a. Council enhancement                           |        |
| 4. Other   |        |
| a. GCPAH Posters                                 |        |
| B. Membership Committee                          | Dan    |
| i. 2009-2010 Goals & Objectives                  |        |
| 1. Update Council Binders                        |        |
| 2. Replace Membership Committee Chair            |        |
| 3. Build Membership                              |        |
| a. Increase current active membership from 15-21 |        |

4. Nominations

- a. Jason Aziz, Clinical Exercise Physiologist
- b. Joil Bergeron, Next Level Performance
- c. John Hikel, NH State House Representative

C. Programming/Events Committee

Terry

i. 2009-2010 Goals & Objectives

1. GCPA&H 2010 Intergenerational Wellness Walk

- a. Provide support for satellite locations
- b. Recruit volunteers
- c. Ensure no date conflicts – May 26, 2009
- d. Coordinate staging areas
- e. Confirm walking course
- f. Registration
- g. Follow-up activities
- h. Develop budget
- i. Promotional campaign

2. GCPA&H 2010 Outstanding Achievement Awards

- a. Develop budget
- b. Collaborate with Marketing Committee
- c. Improve application and review processes
- d. Promotional campaign for award ceremony in conjunction with IWW

D. New Business

- a. Chair updates
  - i. 2008-2009 Year End Report

E. Other

- a. Upcoming Events:
  - i. HEAL Conference, Concord, NH – October 6<sup>th</sup>
  - ii. NHAHPERD Annual Conference, Waterville Valley – November 19-20
  - iii. Local Government Center Conference – November 18, 19, 20
  - iv. NECON “Shaping the Prevention Movement in New England”, Marlborough, MA – October 23<sup>rd</sup>
  - v. The NH Children in Nature Conference, "Building Nature Based Communities", October 1st.
- b. Article on Award Recipients
  - i. [www.outdoorventuresnh.com](http://www.outdoorventuresnh.com)
- c. Collaboration with SoNH Wellness Coordinators/Wellness Program

Next meeting date: Tuesday, October 20, 2009

Place: Governor’s Council Chambers

Time: 4:00-5:30pm