



**NORTHLAND REGIONAL CHAPTER
AMERICAN COLLEGE
of SPORTS MEDICINE**

Fitness At Work: *Ideas for Increasing Physical Activity*

When: Wednesday, September 19, 2007

1:45—2:15 p.m. Registration
2:15 - 3:45 p.m. Session - "Fitness At Work"
3:45 p.m. - Refreshments and View Displays

Where: Auditorium
Medtronic World Headquarters— *directions on back*
710 Medtronic Parkway
Minneapolis, MN 55432

Worksite Health Promotion Group

- Ad hoc committee of NACSM Board
- Up to 71 designated WHPG members
- 45 new memberships
- Two educational meetings
- Website updates and newsletter release
- Midwest WHP Conference
- Promotion of WHP SIG activities

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EAT HEALTHY! Medtronic



Photo by Linda Brandt



Kris Haugen at Registration



Photo by Linda Brandt



Chris Kimber on Active Living



Photo by Linda Brandt



Back of the Room Learning



Photo by Linda Brandt



Medica's Approach to PA



Photos by Linda Brandt



Beth on Fitness at the Worksite



Photo by Linda Brandt



Beth leading a stretch break



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Murray and Speakers



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Idea Sharing Segment



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Walk at Work Program



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Networking and Sharing



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Welcome to Medtronic's Wellness Center



Photo by Linda Brandt



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Tour of Medtronic HQ Fitness Ctr.



Photo by Linda Brandt



Meeting Specifics

- 26 participants
- 4 new members
- Receipts of over \$440
- Evaluations reflected most attendees agreed/strongly agreed and were satisfied/very satisfied
- Comments included were as follows:
 - thank you!
 - More hands on ideas - packet or page of stretches or exercise with tube
 - Sharing was valuable
 - have attendees introduce each other @ the beginning so we all know who is doing what.
 - Networking opportunity and informality both great. Stretch break great.
 - Very well laid out.
- Ideas for future included:
 - Focus on inactive -- motivate to moderate activities
 - New HIPPA requirements for worksite wellness programming.
 - Wellness counselors/coaches - experience, necessity? and implementation
 - stress management
 - smoking cessation beyond quit plan Health disparities in MN related to physical activity

