

AGPA

Association of Graduate and
Professional Administrators

at The Ohio State University®

General Body Meeting – Meeting Minutes

Theme: Personal Wellness

November 9, 2017 @ 3:30-5pm, Sullivant Hall 141

Welcome

Jacquelyn Monnin.39 (Knowlton School of Architecture)

- Shared video on dimensions of wellness: https://www.youtube.com/watch?v=2NR4_5dt7JA
- Discussed the 9 dimensions of wellness (see handout) as defined by the OSU Student Wellness Center

Emily Martini.36 (Faculty & Staff Fitness Program)

- The university offers a faculty & staff fitness program with an exclusive exercise facility that's available to all OSU employees, retirees and spouses or domestic partners
- Membership includes:
 - private facility access and locker rooms,
 - comprehensive fitness evaluation,
 - individual workout program
 - personalized fitness instruction,
 - free fitness classes (water aerobics, yoga, adult recess, zumba, boot camp)
- Assistance: Graduate student in Exercise Science goes over test results and gives one-on-one consultation to develop a personalized exercise program; Graduate student is on hand in the facility to help with equipment instruction and exercise prescription
- Nutritional services: Collaborating with dietetic intern program in human nutrition; all members receive free nutrition consultation
- Cost: \$200/year; payroll deduction available (\$16.66/month); other payment options available
- Other resources available including testing and consultation
- Location: PAES building
- See presentation and website <http://fsfp.ehe.osu.edu/> for details

Group Discussion

2017-18 AGPA CALENDAR (All meetings are the 2nd Thursday the month) Join: go.osu.edu/joinagpa

Morning Meetings (10:30am-12:00pm)

December 12 & Dec 14 in Derby Hall 029

Mini Tech Tools Workshops on Social Media and Awesome Resources

February 8 in PAES 109A

Student Wellness Resources

April 12 in Cunz Hall 160

Professional Development Activity

Afternoon Meetings (3:30-5:00pm)

January 11 in Cunz Hall 160

Enterprise Project Update

March 8 in University Hall 056

Cultural Sensitivity

To Be Determined

May 2018 – **Membership Social Event**

June 2018 – **AGPA Conference**

July 10 & 12 – **Mini Tech Tools Workshop**