

NE Iowa Food and Fitness Initiative - Fall 2009  
Mark Fenton visit on October 7 and 8<sup>th</sup>

- October 7<sup>th</sup> – Wednesday
  - 8 am – Luther College – Greg Lonning’s class (Freshman class – “Personal Fitness and Wellness”)– 100 students
    - These classes are open to interested Upper Iowa University students and faculty
    - Focus – Health Impact of Active Living
  - Mid morning – Luther campus – Walk the campus with core administrative group
  - Early lunch – Luther community stakeholders
  - 12 – 4:30 p.m. – Tour of several target school-communities with Active Living Work Group, Public Health representative
  - 7:00 pm – Public Presentation @ Luther
    - Purpose –
      - Create Big Picture connection between Environments (the places where we live, learn, work and play) & Active Living and the impact on our Health
      - Target Regional Leaders/Stakeholders – PLEASE INVITE:
        - School Superintendents
        - City councils, mayors
        - School champions
        - County Supervisors
        - Public Health – Directors and Boards
        - Community Foundation members
        - Active Living Enthusiasts – Trails, Walking, etc.
        - Rotary-like members
        - Parents
- October 8<sup>th</sup> – Thursday
  - 8 am – Luther College – Greg Lonning’s class – Same class; different section - 100 students
  - 10:30 am to 1:30 pm – SRTS Workshop @ Central Community Schools in Elkader with 6 target school-communities
  - 1:30 – 2 pm – Debrief with FFI Active Living Work Group
  - 2:00 pm – Depart for Mpls airport for flight back to Boston