

**Lighten Up Lancaster County
Quarterly Meeting Minutes
April 18, 2017**



- I. Brenda welcomed everyone, including many first time attendees, to the coalition meeting, reminded the group that the next afternoon meeting will be in October, and began the introductions activity.
- II. Anna Kennedy and Mandy McFerren spoke about How Exercise Fuels the Brain & Impacts Mood.
 - a. The group reviewed brain anatomy and three naturally occurring neurochemicals that help us achieve balance.
 - b. Exercise is “Miracle Grow” for our Brains.
 - i. Exercise increases blood flow and increases neurotransmitter activity.
 - ii. In “Younger Next Year”, we are conditioned to expect the slippery slope of aging or rotting over time, but what you want to actually have happen is that you stay relatively healthy for as long as possible before falling off a cliff.
 - iii. Body in Motion stays in motion.
 1. Mandy guided the group through an easy series of chair exercises that tested the groups’ coordination.
 - iv. Climbing a Mountain.
 1. Exercise VS Panic Attack – both experience share similar side effects.
 2. Planned and controlled exposure can be used in this situation to develop skills to deal with stressors as a form of treatment.
 - v. Reviewed SPARK by John J. Ratey, MD which covers Cognition, Hormonal Fluctuations, Stress and Anxiety.
 1. Exercise effects mood, aging, ADHD, and addiction
 2. Power your brain through exercise
 - vi. Brain Derived Neurotrophic Factor – Miracle Grow and determines what parts to turn off and what parts to strengthen in the brain
 - vii. The brain is a muscle that grows with use. As with all other muscles, if you don’t use it, you lose it. Neurons are similar to leaves on a tree; they can either grow or wither. Much like the jellyfish-like sea squirt, when you stop using your brain, it will cease to function optimally.

- c. Dr. Chuck Hillman and FitKids (Fitness Improves Thinking).
 - i. Through the FIT Kids program, Dr. Hillman works with kids and studies exercise behavior and academic performance to determine what that relationship looks like.
 - ii. The study shows that kids with higher fitness levels had higher brain activity during tests than those that were less fit.
- d. Stuart Brown & “Play”
 - i. The rough-and-tumble play of children actually prevents violent behavior, and that play can grow human talents.
 - ii. As further explained in the TEDTalk, play is an indispensable part of life.

III. Take Away Messages: Putting it Into Practice

Lighten Up members can apply these lessons in their own daily lives and in their careers:

- i. Think about how you “sell” physical activity. Do you include mental health benefits when you encourage others to be physically active?
- ii. When you coach, train, or lead fitness activities, encourage clients to notice the mental health benefits they experience from engaging in physical activity.
- iii. Be mindful; take the time to care for your own mental health.
- iv. MOVE! You don’t need to participate in a marathon, just get moving.

IV. Member updates

- a. Open Street, 6000 people expected, 120 organizations will be on the streets, share the word to promote the event. Visit openstreetslnc.org for more details.
- b. April 26, 2017 is the HACC 2017 Health and Wellness Fair from 10-2 p.m. held in the East Building, Room 203. Open to the public, there will be free items and giveaways for attendees. Contact Nakia at nleckert@hacc.edu with questions.
- c. HACC Nursing Care Center at SouthEast Lancaster Health Services is going strong.
- d. Samantha Pierpoint of the American Academy of Pediatrics spoke about their EPIC Pediatric Obesity program and free on-site CME/CEU activity presented by a Physician and Registered Dietician that addresses multiple issues related to pediatric obesity such as: beverage, diet, physical activity, screen time, sleep, and mental health. Physicians and RDs interested in being presenters in this program should contact epicobesity@paaap.org.

- e. New community garden will be constructed at Grace Lutheran Church.
- f. YMCA received a grant to start a diabetes prevention program.
- g. LOHF is providing a CME opportunity discussing Alternatives to Opioid Therapies with David Simons, DO at the Heart of Lancaster Regional Medical Center on April 26, 2017 from 5:30 – 7 p.m. There is no cost to attend. For more information, visit [Facebook](#).
- h. BootCamp900 class allows for physical activity without any equipment and will be replicating throughout the community in the near future.
- i. WalkWorks starts Monday, April 24!

Next Coalition Meeting:

Wednesday, July 19, 2017

8:30 – 10:00 a.m.

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