



MARINETTE COUNTY Wellness Committee

Nicole Albrecht
Chair

Katie Kinney
Vice-Chair

BobbieJean Borkowski
Secretary

Hollie Viestenz
Treasurer

Agenda

MARINETTE COUNTY WELLNESS COMMITTEE Monday, February 17, 2020

12:15 p.m.

**Job Center, Room 312/314
1605 University Drive**

1. Call Meeting to Order
2. Approve/Amend Agenda Items
3. Approve minutes of January 20, 2020
4. Approve Financial Report
5. Election of 2 Wellness Board members, one year term, effective immediately, action if any
6. Discuss/consider purchasing a Power Rack for the LEC fitness room, action if any
7. Discuss posting of flyers/information for all employees – email/ breakroom – discussion only.
8. Discuss 2020 Health Fair Theme – Discussion only
 - Past Themes: 2012 Mission Impossible 2013 Pirate/Treasure
 2014 Football 2015 Carnival
 2016 Casino 2017 50's theme
 2018 Wizard of Oz 2019 Super Heroes
- **2020 Health Fair Date: Wednesday, September 30, 2020 at the Rec Center**
9. Wellness Chair report on programs and activities, action if any
10. Correspondence, action if any. (Correspondence if not specifically listed below will be for information only)
11. Wellness Chair Report
12. Identify future items to be placed on the agenda
 - Purchase treadmill/equipment for 2021 - Courthouse
13. Set next meeting date - scheduled location is Library

14. Adjournment

Addendum(s) when applicable

NOTE: Agenda items may not be considered and acted upon in the order listed

If you are an individual who needs a special accommodation while attending the meeting as required by the “Americans With Disabilities Act”, please notify County Clerk Kathy Brandt, Marinette County Courthouse (715-732-7406) at least 48 hours prior to the meeting to make suitable arrangements. Thank you.



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Minutes

January 20, 2020

Jury Assembly Room

Lower Level, Courthouse Annex

MEMBERS PRESENT: County Board Member Al Sauld, Nicole Albrecht, Hollie Viestenz, Katie Kinney, Bev Noffke, Bobbie Dolliver, and Bobbie Borkowski

MEMBERS EXCUSED:

OTHERS PRESENT: Heather Guenette, Nikki Anderson, Child Support Director Brian Barrette, Gabreille Salfai and County Administrator John Lefebvre

1. Call to order

Meeting called to order at 12:15 p.m. by Chairperson Nicole Albrecht.

2. Approve/Amend Agenda items

Motion (Dolliver/Kinney) to approve the agenda. Motion carried. No negative vote.

3. Approve/Amend Minutes

Motion (Viestenz/Noffke) to approve the minutes of December 9, 2019. Motion carried. No negative vote.

4. Financial Report

Motion (Borkowski/Kinney) to accept Financial Report as presented. Motion carried. No negative vote.

5. 2020 Budget

Motion (Sauld/Dolliver) to recommend Administrative Committee approve 2020 budget/appropriation entry as presented. Motion carried. No negative vote. Exhibit A

6. 2020 Wellness Chair Massage

Motion (Viestenz/Borkowski) to approve entering into agreement with Advanced Wellness & Physical Therapy for 2020 chair massages at a cost of \$16.67/per person. Motion carried. No negative vote. Exhibit B

7. Purchase and Disposal of LEC Fitness Equipment

Committee discussed and will bring back to February meeting. No action at this time.

8. Yoga – Spouse attendance allowed

Motion (Dolliver/Sauld) to allow county spouses (wellness or non-wellness) to attend yoga sessions. Motion carried. No negative vote.

9. Flyers at County Buildings – Profit versus Non-Profit – Discussion only.

10. Correspondence - None

11. Wellness Chair Report

- Annual Wellness Kick-off meeting – January of each year Wellness will open the meeting to all employees for education on what wellness has to offer, answer questions and take suggestions for any improvements.
- 2020 Minutes in Motion – 37 people signed up
- 2020 Bellin Run – Date: June 13, 2020 – Run or walk the Bellin, get people to sign up, set up time/location for group picture

12. Future Items

- 2020 Health Fair Theme
- Power Rack – LEC
- Flyers – posting for employees to see, via lunch room or email
- Treadmill/equipment – Look to purchase for end of 2020/beginning of 2021 at Courthouse
- Nominate two (2) executive members to wellness board

13. Adjournment

Motion (Noffke/Dolliver) to adjourn at 12:52 p.m. Motion carried. No negative votes.

Next meeting date: Monday, February 17, 2020 at the Job Center

BobbieJean Borkowski
Wellness Secretary

Date approved/corrected:

2019 WELLNESS FUND BALANCE SUMMARY

		2/10/2020		
Beginning Balance 1/1/19:				\$ 9,409.89
Revenues:				
Payroll Deductions			4,703.40	
Massage Reimbursement			33.34	
Soda/Card Revenue			-	
Equipment Sales			-	
Payroll Fringe Benefits			-	
Yoga Class Reimbursements			-	
Adopt-A-Tree Donations			-	
Total Revenue:				\$ 4,736.74
Operating Expenses:				
Meeting Lunches			203.37	
Blood Drive Snacks			134.03	
Lunch & Learns			-	
Fruit Delivery			-	
Fitness Challenge Incentives			-	
Sunshine Fund/Greeting Cards			-	
Fitness Rm. Cthouse			-	
Fitness Rm. HHSD			-	
Fitness Rm. LEC			-	
Office/Auditor/Motorpool			27.33	
Equipment Purchases:			835.58	
Courthouse				
HHSD				
Law Enforcement				
		Total Operating Expenses		\$ 1,200.31
Activities:				
	Fitness Walk 1		358.82	
	Golf Outing		856.80	
	Health Challenges		-	
	Massages		1,250.25	
	Minutes in Motion		660.00	
		Total Activity Expenses		\$ 3,125.87
Total Expenses:				\$ 4,326.18
Ending Balance:		810-00-11110		\$ 9,820.45
√				

UP TO 15% OFF SITEWIDE

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MENU



FITNESS

SEARCH

RACKS / POWER RACKS / T-2.SERIES

T-2 Power Rack & Incline Bench Combo

Item No. 400167

★★

Quantity

1

[View Manual](#)

Availability: In Stock

FREE SHIPPING

~~\$399.99~~ - \$387.97

ADD TO CART



Description

The T-2 Series power rack will help you work out safely and efficiently while performing squats, military press, bench press, curls, shrugs, and more. T walk-in design offers plenty of side-to-side movement for a variety of total body exercises. In addition the rack offers a total of 28 positions, helping it accommodate different heights and exercises. The Incline Bench by Titan Fitness is designed with enough integrity to handle your massive gains. Built perfect height for bench pressing and padded for long lasting comfort. Complete your home gym and your exercise routine!

Details

Features:

- Weight holders for storage and increased stability
- Heavy duty steel 1 beams included

- Chin up bar: 1 1/4" diameter
- Adjustable Back and Seat
- Rigid Steel Base
- Comfortable Padding
- Sleek Leather Finish

Rack Specifications:

- Weight: 107 lbs
- Height: 83"
- Height of pull up bar: 80"
- Opening: 44"
- Depth: 48"
- Inside front to back bar: 26"
- Floor space: 48" x 48"
- Capacity: 700 lbs
- Material: Steel

Bench Specifications:

- Overall Width: 27"
- Overall Height: 46"
- Bench Width: 12"
- Bench Length: 51 1/4"
- Capacity: 650 lbs

Additional Info 

Powered by 

★ ★ ★ ★ ★ 11 Reviews

- ★★★★★ (10)
- ★★★★☆ (1)
- ★★★☆☆ (0)
- ★★☆☆☆ (0)
- ★☆☆☆☆ (0)

 ASK A QUESTION

Reviews (11) Questions (4)

Sort: 

Tyler Verified Reviewer

 ★ ★ ★ ★ ★

Best garage/home gym rack for the money.

I did a lot of research in my hunt for a rack to go in my garage gym. This one, by far, has the best value of any of them. The rack is sturdy, eas assemble, and everything you would ever need in your garage gym. The only improvement I would suggest is including padded J Hooks but I there is a reason it is an entry level rack. All of the ...Read More

 Share |

Was This Review Helpful? 

Will

★ ★ ★ ★ ★

Nice

Solid product, good price

 Share |

Was This Review Helpful? 

Chris

★ ★ ★ ★ ☆

Solid rack

UP TO 15% OFF SITEWIDE

days Hours Minutes Seconds

*

MENU



FITNESS

[RACKS](#) / [POWER RACKS](#) / [TITAN SERIES](#)

TITAN Series Power Rack | 100"

Item No. 401011



Quantity

1

[View Manual](#)

Availability: Out of Stock

FREE SHIPPING



~~\$1,143.99~~ - \$1,086.97

ADD TO CART



Description

At Titan Fitness, we strive to provide our customers with three things:

- Affordable Prices to allow you to outfit your gym with more options than you could with the competition.
- High Quality products to ensure your gym will last even with the toughest of workouts.
- Fast Delivery and FREE Shipping!

We kept these principles in mind when designing our newest rack and needed a name that embodied these values, so we aptly named it the TITAN. TITAN rack offers the highest quality of any Titan Fitness rack to date and is sure to be the centerpiece of any home gym or box!

Details

FEATURES:

- 3" x 3" 11 Gauge Tubing and bolt-together design.
- Includes (2) 1" Diameter Pins w/ 1.5" Pipes for a heavy-duty pin and pipe safety system.
- Includes (4) Bolt-On Weight Plate Holders.
- Includes (4) Band Pegs.
- Includes a pair (2) Sandwich J-Hooks.
- No longer fret over placing attachments on the uprights and crossmembers at different hole locations with numbered laser cut holes throughout the uprights and lower crossmembers.
- Keyhole side spacing lets a wide array of attachments to be used on your TITAN rack.
- Our beefiest hardware yet, 1" bolts provide the most peace of mind to date.
- Max height of 94" for pull-up bar.

SPECIFICATIONS:

- Overall Weight: 388 LB
- Overall Height: 100"
- Footprint (including bolt-down plates): 53" x 55.5"
- Overall Depth: 48"
- Inside Depth: 42"
- Overall Width: 48"
- Inside Width: 42"
- Assembly Hardware Included!
- **Titan recommends bolting down your rack for added stability!**

**** NOTE: You will need a 36 mm or 1 7/16" wrench/socket to assemble this rack! ****

Additional Info ∨

★★★★★

You must [login](#) to write a review or ask a question.

RECOMMENDED PRODUCTS

			
<p>TITAN Series Y Dip Bar \$105.99 \$89.97</p>	<p>Gymnastics Tumbling Mat 8' X 4' X 2" \$129.99 \$109.97</p>	<p>Multi-Grip Camber Bar \$179.99 \$152.97</p>	<p>Triangle Grip Cable Machine Attachment \$59.99 \$50.97</p>

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