



MNJOTS 2017 CIP

Take charge **E**xercise **A**wareness **T**ime



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Happy New Year

I'm so looking forward to having you join me in T.E.A. time.

Before I get started let me introduce myself. I'm a member of the St. James chapter I've held every officer position, most of them more than once. I've been a DD 3 times, have been STEP & Ways & Means SPMs.

My husband Mike is retired, we have two grown children our son Jeff is married and have blessed us with two grandbabies. Our daughter Kat will graduate with her Masters this summer. I work for an Assisted live as universal worker in St James.

I choose to do Women's Wellness because 5yrs ago I got sick and found out I have a liver disease.

I am inviting everyone to join me in T.E.A. time what is it, **T**ake charge, take charge of your health or your health numbers, (cholesterol, blood pressure, blood sugar, weight, BMI & inches, are they too high or low), take charge of your health records, sign up for online patient records, if your clinic offers it. Take charge of appointments. **E**xercise, exercise physically, mentally and exercise your right, to have a second opinion, to change our Dr., etc. **A**wareness, be aware of body signs, health numbers and what is in your medical records. I would like 5 of 11 Districts to take part in it.

The Women who impact awards will be given at Winter State.

So, I'd like you all to set back and have a cup of TEA as you read this CIP.

Donna

GOALS

A. Have 5 of 11 Districts participate in T.E.A time

B. Raise \$5,000 for American Liver Foundation by 2018

C. Raise \$1,600 for March of Dimes by Annual Convention 2018

D. Achieve 75% of chapters reporting participation in Women's wellness activity/ fundraising events by Annual Convention 2018

E. Receive three nominations for the Lois M. Christensen Women Who Impact Award

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T.E.A time program

1. __ Change your eating habits: there are a number of healthy eating programs out there. Pick one that works for you. But don't go on a "diet" instead do a "life style" change. One of them I like is sparkpeople.com it's free.
 2. __ Drink your water: each day 8 - 8oz servings
 3. __ Choose an exercise program: I encourage 90 min of cardio exercise (walk /workout) a week
 4. __ Walk/run the State of MN by April 30, 2018 miles around MN for about 1,534 who will be the closes to reaching this.
 5. __ In conjunction with the LL SPM I will promote USWT Health and Wellness Certification, can be found on the MNWT website
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Send me your goals in the beginning of your journey, then each trimester, let me know how you are doing and get your name in a drawing. You can send it via mail or Email.

Work as a team and/or individuals

Name _____ Chapter _____ District _____

Your goals Wt. _____ Exercise _____

Beginning Wt. _____ Measurements bust _____ waist _____ thighs _____
hip _____ upper arm _____ BMI _____ (there a web site to calculate this)

Weekly Exercise: cardio min. _____ walk/run miles _____

Ending Wt. _____ Measurements bust _____ waist _____ thighs _____
hip _____ upper arm _____ BMI _____



WALK WITH ME AS I WALK TO END LIVER DISEASE

Form a team and walk at one of the two office walks sites for liver life walk. If you can't walk that day you can do a Virtual walk, sign in to one of the sites and check virtual, go out and raise money.

**Liver Life Walk/Fun Run on
Saturday, Sept. 23, 2017 at
Silver Lake Park West in
Rochester, MN**

LIVERLIFEWALK.ORG/ROCHESTER

**Liver Life Walk/Fun Run on
Sunday, Sept 24, 2017 at
Lake Rebecca Park in
Rockford, MN**

LIVERLIFEWALK.ORG/TWINCITIES

For those of you that will be attending Fall State join me for a Virtual walk Sunday morning before the brunch. Go to LIVERLIFEWALK.ORG/TWINCITIES to Register, join the Women of Today Team or form your own. I will have a drawing for everyone who signs in to "walk". I'll give an incentive at Fall State for the member and team that raises the most money for the "walk".



- I would like 3 nominations for the Lois M. Christensen Women Who Impact Award. Nominations deadline is November 1.
- I'll be having a drawing at Convention for chapters that submit reports / transmittals.
- Also remember to send in your chapter project of the Trimester.

SUCCESS BONUS POINTS

\$50 donation to the State Plan of Action (POA) {50 Points}

and/or

Celebrate Founder's Day by holding an M-event (utilizing PR) and submit the USWT Founder's Day Participation form found in the PR CIP {50 Points}

and/or

Complete the NEW trimester programming report form {50 points}

or

Hold an M-event during SHINE week (July 23rd -29th), post event on Facebook, tagging State MVP Cindy Umland. Also, host a Kids Week event (August 13th -19th), Post event of Facebook, tagging State EVP Barb Zeroth along with adding four new members during the months of July and/or August. {100 Points}

Maximum of 100 Bonus Points

There will be an additional 100 Presidential Bonanza Bonus Points awarded IF ALL FIVE

Copies of the following are included:

1. Sales and Use Tax Permit
2. Articles of Incorporation
3. Proof of Annual Registration filing for 2016 (copy of email confirmation from the MN Secretary of State)
4. Proof of insurance for the current year
5. Proof of 990 filing for fiscal year June 1, 2016 - May 31, 2017 (copy of email confirmation from IRS dated after June 1, 2017)

Maximum of 100 Presidential Bonanza Bonus Points