



Meeting Summary
Tuesday, October 22nd 2024, 2-3pm
Walters Branch Library

Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.

1. 1st Author Talk at a Coalition meeting - Susie Kundrat, [Eat, Move, Groove](#). Highlights from the presentation:
 - a. 650 Tik Tok nutrition videos were examined. 2% were accurate.
 - b. We have heard, what is your why? Susie asks, what is your how?
 - c. $\frac{1}{3}$ fresh, $\frac{1}{3}$ frozen, $\frac{1}{3}$ canned fruit/vegetables is recommended for various reasons: cost, can stock your pantry/freezer
 - d. 2211 plan: 2 cups fruits/vegetables, 2 oz. protein, 1 oz. grain, 1 oz. healthy fat at each meal. 22 minutes exercise per day, 11 minutes of strengthening/stretching.
 - e. Eat as if your muscle is speaking to you: get enough protein, rest, hydrate
 - f. Love foods - eat 1-2 per day that you don't think about the nutrient content.
 - g. 5 finger exercise - each night, count five things that you are grateful for.
 - h. Working on an Eat Move Groove worksite wellness virtual program in January
 - i. Visit Susie on Facebook, Tik Tok, Instagram and You Tube

2. Next Meeting: January 28th, 2-3pm