

**COMMUNITY SERVICES COMMITTEE**  
**SEPTEMBER 22, 2009**  
**3:00 P.M.**

**CS Members**

**In Attendance:** Lois Bronz, Chair, Vito Pinto, Jose Alvarado, Judy Myers

**In Attendance:** BOL: Melanie Montalto. Guests: Adrienne Wald, Lois Steinberg

**Items Discussed:** Presentation on National Plan for Physical Activity

**Minutes**

Chairwoman Bronz called the Community Services Committee meeting to order at 3:34 P.M.

Adrienne Wald, Director of the Wellness Education & Programming for The College of New Rochelle discussed the National Plan for Physical Activity conference which was held in Washington DC in June. Articles from the conference are on file and available for review.

Ms. Wald stated that studies show that less than 5% of Americans are meeting the daily exercise guidelines that are recommended for chronic disease prevention. She stated that physical inactivity is a separate risk factor for death from obesity, and is ranked the 5<sup>th</sup> cause of death in America.

The Committee discussed with Ms. Wald the need to find ways to encourage people to exercise and use the resources the County has to offer to increase their physical activity and improve their physical health.

Moved by Legislator Pinto, seconded by Legislator Alvarado the minutes of the August 6, 2009 meeting were approved with a vote of 4-0.

Moved by Legislator Pinto, seconded by Legislator Alvarado agenda items 48 and 49 were received and filed with a vote of 4-0.

Moved by Legislator Pinto and seconded by Legislator Myers the Committee on Community Services adjourned at 4:22 p.m.

A complete audio recording of the meeting is available for review upon request.