

RESOLUTION No. 2009-23-968

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MIAMI GARDENS, FLORIDA, IMPLEMENTING THE MIAMI GARDENS "GET FIT" INITIATIVE FOR CITY RESIDENTS AND STAFF; PROVIDING FOR INSTRUCTIONS TO THE CITY MANAGER; PROVIDING FOR THE ADOPTION OF REPRESENTATIONS; PROVIDING AN EFFECTIVE DATE.

WHEREAS, it is important for the health and well being of the City's residents and staff that the City provide them with adequate recreational opportunities, and

WHEREAS, although the City's Parks and Recreation Department offers an array of programming for residents to participate in including, line dancing, water aerobics, neighborhood walking clubs and yoga, there is still a concern with the increasing number of health related issues associated with obesity, lack of exercise, and lack of health care, and

WHEREAS, the City would like to develop a new fitness campaign to be called the Miami Gardens GET FIT (getting Energetic Through Fitness, Information and Training) initiative to encourage City staff and residents to "get fit," and

WHEREAS, there are opportunities available to the City with local gyms and restaurants whereby City residents and employees may be able to take advantage of health programs and discounts provided by these entities, and

WHEREAS, there is also an opportunity to expand the "Fitness Initiative" to include other activities, including personal training sessions, an employee wellness day, a fitness challenge, and a health and fitness event for the community, and

WHEREAS, the City Council would like for the City Manager to direct that his staff pursue all of these opportunities,

NOW THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF MIAMI GARDENS, FLORIDA, AS FOLLOWS:

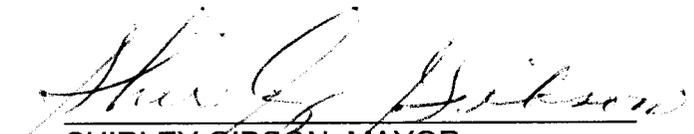
Section 1. ADOPTION OF REPRESENTATIONS: The foregoing Whereas paragraphs are hereby ratified and confirmed as being true, and the same are hereby made a specific part of this Resolution.

Section 2. IMPLEMENTATION OF FITNESS INITIATIVE: The City Council of the City of Miami Gardens hereby establishes the Miami Gardens "GET FIT" initiative in the City, to include discount packages offered by local gyms and restaurants, an employee wellness day, a health and fitness event for the community, and a fitness challenge for residents.

Section 3. INSTRUCTIONS TO THE CITY MANAGER: The City Manager is hereby instructed to take any and all steps necessary to implement the Miami Gardens "GET FIT" Initiative" in the City.

Section 4. EFFECTIVE DATE: This Resolution shall take effect immediately upon its final passage.

PASSED AND ADOPTED BY THE CITY COUNCIL OF THE CITY OF MIAMI GARDENS AT ITS REGULAR MEETING HELD ON JANUARY 28, 2009.


SHIRLEY GIBSON, MAYOR

ATTEST:


RONETTA TAYLOR, MMC, CITY CLERK

Resolution No. 2009-23-968

PREPARED BY: SONJA KNIGHTON DICKENS, ESQ.
City Attorney

SPONSORED BY: Councilman Oliver Gilbert III

MOVED BY: Vice Mayor Watson
SECOND BY: Councilman Campbell

VOTE: 7-0

Mayor Shirley Gibson	<u>X</u> (Yes)	___ (No)
Vice Mayor Barbara Watson	<u>X</u> (Yes)	___ (No)
Councilman Melvin L. Bratton	<u>X</u> (Yes)	___ (No)
Councilman Aaron Campbell	<u>X</u> (Yes)	___ (No)
Councilman Oliver Gilbert, III	<u>X</u> (Yes)	___ (No)
Councilwoman Sharon Pritchett	<u>X</u> (Yes)	___ (No)
Councilman André Williams	<u>X</u> (Yes)	___ (No)

SKD/teh



City of Miami Gardens Agenda Cover Memo

Council Meeting Date:	January 28, 2009		Item Type:	Resolution	Ordinance	Other		
			<i>(Enter X in box)</i>	X				
Fiscal Impact: <i>(Enter X in box)</i>	Yes	No	Ordinance Reading: <i>(Enter X in box)</i>		1st Reading		2nd Reading	
	X		Public Hearing: <i>(Enter X in box)</i>		Yes	No	Yes	No
Funding Source:	General Fund- Parks & Recreation		Advertising Requirement: <i>(Enter X in box)</i>	Yes		No		
					X			
Contract/P.O. Required: <i>(Enter X in box)</i>	Yes	No	RFP/RFQ/Bid #:					
		X						
Sponsor Name	Councilmember Oliver Gilbert III		Department:		Parks and Recreation Department			

Short Title:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MIAMI GARDENS, FLORIDA, IMPLEMENTING THE MIAMI GARDENS "GET FIT" INITIATIVE FOR CITY RESIDENTS AND STAFF; PROVIDING FOR INSTRUCTIONS TO THE CITY MANAGER; PROVIDING FOR THE ADOPTION OF REPRESENTATIONS; PROVIDING AN EFFECTIVE DATE.

Staff Summary:

The City of Miami Gardens Parks and Recreation offers an array of programming for residents to exercise in convenient, relaxed settings with programs such as Line Dancing, Water Aerobics, Neighborhood Walking Clubs, and Chair Yoga for Seniors, to name a few.

However we cannot ignore, the increasing number of health related cases associated with obesity, lack of exercise, and lack of health care in communities such as Miami Gardens. To this end, Councilman Gilbert will join efforts with the Parks and Recreation Department to develop a new fitness campaign, the *Miami Gardens GET FIT Initiative*, to encourage and assist staff and residents to keep their new year's resolutions throughout 2009. *GET FIT* is an acronym for *Getting Energetic Through Fitness, Information and Training*.

To complement the services currently offered at our parks, the *Miami Gardens GET FIT Initiative* will offer these additional services:

- "Fitness focused" flyers and newspaper ads to raise awareness of the initiative,

- An Employees' Wellness Day,
- Discount packages and incentives offered by local gyms and restaurants,
- A health and fitness event for the community ,
- A fitness challenge for residents, and
- Personal training sessions.

While the *Miami Gardens GET FIT* program components are still in the planning stages, staff estimates it will take \$6,000 to deliver the program components. A portion of this estimated amount is already allocated in the Parks and Recreation budget.

Proposed Action:

Councilman Oliver Gilbert recommends that the City Council adopt the attached resolution, authorizing the City Manager to take any and all steps necessary to implement the *Miami Gardens GET FIT Initiative* for staff and residents.

Attachment:

None.