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# A Physical Activity Plan for the Community of Winona, Minnesota

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A Physical Activity Plan for the Community of Winona, Minnesota

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Leadership Education Department: Sports Management

In Partial Fulfillment of the Masters of Science Degree - Master's Capstone

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### **Introduction:**

In communities all over the country, evidence strongly suggests that most Americans are suffering from a lack of physical activity in their daily lives that negatively affects one of the major dimensions of complete health and wellness (Edlin, et al., 2002). Why is this? Is it because we have grown to be unmotivated? Do we work so hard at our jobs to financially support ourselves and our families that we neglect taking care of our physical and mental health? Have we become too dependent on predominantly sedentary activities, ones involving technology and mass media, that we no longer realize the importance of keeping oneself physically active? There are many important questions facing communities that must be addressed on a more consistent basis, or these communities will continue to see more and more undesirable consequences. The community I reside in is not any different from the majority of communities across the nation that is encountering these problems. What can be done in my community that may help citizens re-prioritize the importance of physical activity as a primary means of maintaining or increasing the healthy benefits of having high levels of activity as part of their daily routine?

The first question one might ask is how much physical activity does one need? Regular physical activity helps improve overall health and fitness while reducing the risk of many chronic diseases (Powers et al., 1999). The amount of physical activity one needs depends not only on age but the current physical condition of the individual. Some average guidelines include roughly 150 minutes per week of moderate-intensity aerobic fitness and at least two days per week of muscle strengthening activities that emphasize

all major muscle groups (Center for Disease Control, 2017). More specific guidelines and terminology will be discussed throughout this research paper.

Another important question is why are only 1 in 5 current adults meeting the physical activity guidelines (Edlin et al., 2002)? And it is not only adults, less than 3 in every 10 students under the age of 18 are getting the recommended 60 minutes of physical activity per day. There is an apparent disconnect between people and physical activity. This disconnect is prevalent in almost all areas of the country.

The purpose of this paper is to provide my community, Winona, Minnesota, with a comprehensive calendar of regional events pertaining to physical activities to help increase awareness of and establish greater opportunities to stay physically active. This paper will include a guide featuring either free, inexpensive, or physical activities that may cost money found in the Winona area in which individuals and/or families can choose to participate in to create a better environment for themselves and the whole community. The physical activities guide website will provide the community with a pre-organized list of these physical activities and entail community motivational theories that help the community make decisions pertaining to an increased level of physical activity. This project is an action research project that has no time constraints of effectiveness but to be composed of an ongoing organized guide that will be updated annually offering events that are currently available. After the initial data collection of physical activities, the opportunity for other identified community wellness ambassadors to add to the inventory will only add to the future sustainability of the website. Individuals that make up a community will improve their own health and well being through increased levels of physical activity that help create increased productivity at home and at their respective

jobs, reduce the risk of chronic diseases, improve their overall mood and good feelings, foster relationships, plus much more. All of which helps strengthen the community to make it better for everyone. The emphasis on encouraging physical activity of an entire community is more beneficial than focusing on an individual behavior change as a way to get people thinking, and most importantly, doing more physical activity so we all can feel better, be more productive, and live longer. An additional benefit of this this research is to include motivational strategies that are all too often the challenging part for citizens to engage in when choosing to be physically active. Many people are aware of the benefits and the importance of engaging in daily physical activity, however, they struggle with the inspiration to participate in it at the recommended levels.

The benefits of physical activity and the current statistics regarding inactivity has lead to my belief that there is a major need in the Winona community for a more readily accessible and organized plan of action to get people thinking about participating more in daily physical activities that this region has to offer. With this belief, my research question is:

*What would the creation of a community event's guide geared towards the population of Winona do to facilitate greater motivation and community engagement in physical activities?*

This is a project that will benefit the whole community by delivering a convenient, pre-organized source of activities that will address all types of events taking place across the community at different times throughout the year. In addition to this guide, motivational issues of the community will be examined, along with attaining local ambassadors for promotion of this program. The Activities Guide information will be

accessible to all members throughout the Winona community via applicable communication channels including local newspapers, city parks and recreation guides, schools and universities activity calendars, and local businesses with an interest in what this guide will provide. Other channels that will be used to disseminate the information include current forms of social media, posters, maps, signage, and advertising on local radio stations in the community.

This events calendar will feature the ability to be updated annually and routinely to promote ongoing community participation in physical activity. Data will be collected by performing surveys to gauge the interest of some of the community's most recognizable members including face-to-face discussions with leaders of the community and the search for interested health ambassadors who are intrigued with this project and believe it to be as valuable as I do for the better of the community.

### **Research Methodology**

The design of this project is referred to as action research. In this case, action research is a reflective process of progressive problem solving after identifying the social problem in the community. This project is intended to create more ways the community can be physical active through an activities guide and motivational tactics. Action research also involves solving the problem with active participation of investigators of the particular group. In this case, the plan is to pre-identify "health ambassadors" (important community leaders of Winona) and conduct interviews and surveys with their cooperation. This will include questions pertaining to what they believe would be the most useful information when developing a guide to increase physical activity within the community. Answers to these questions from "health ambassadors" will be included in



the guide available for the community in an effort to categorize a community's worth of activities and then identify the most appropriate plans to influence and motivate citizens to engage in more physical activity to succeed in the program's objectives. The goal of this research project is to create a comprehensive inventory of physical activities that will offer extensive events and opportunity for the Winona community to live a healthier lifestyle. The project will include this ongoing involvement with local ambassadors of health and wellness programs as resources for promoting this comprehensive guide of physical activities for the present and for any future activity opportunities for the community along with motivational ideas that can be tested for Winona community members who may lack inspiration for being active for various reasons.

### **Vocabulary**

Some important vocabulary words are presented in this research paper that may be unfamiliar to the reader.

One important word is aerobic physical activity. This is activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling. Aerobic activity can be judged by duration (CDC, 2017).

Duration is the length of time in which an activity or exercise is performed, generally expressed in minutes (CDC, 2017).

Moderate-intensity physical activity is equivalent to a brisk walk and noticeably accelerates the heart rate. Time spent doing this kind of activity can be accumulated toward the 30-minute minimum by performing bouts each lasting 10 or more minutes.

During moderate intensity exercise a person should be able to talk to a companion but might be a little breathless (CDC, 2017).

Vigorous-intensity physical activity is physical activity that is done at six or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10 (CDC, 2017)

A persons' lifestyle will strongly influence the health levels of that individual. Lifestyle is defined as the personal customs or habits of an individual or group of individuals. In regards to health, life-style interventions include dietary habits, physical activity habits, and social use of substances such as alcohol and tobacco, and exposure to other risky behaviors. Chronic diseases of lifestyle are a group of diseases that share risk factors such as unhealthy dietary choices, smoking, lack of physical exercise, sedentary behavior and life-stress. These result in various disease processes culminating in high morbidity and mortality due to cardiovascular and cerebrovascular disease, diabetes, tobacco- and nutrition induced cancers, chronic bronchitis, emphysema and many others (CDC, 2017).

Chronic physical activity in the form of exercise training has the ability to prevent or delay the onset of illness and disease. Physical activity acts both directly on the cardiovascular system, and indirectly by inducing favorable changes in metabolism, body mass, and body composition. Along with cardiovascular physical activity, traditional programmed exercises include strength training with or without weights to increase muscular strength and/or size along with increasing metabolism and bone mass while reducing body fat, and stretching muscles to increase the range of motion in the joints and reducing the risk of injury (CDC, 2017).

## **Purpose**

The Creation of the Winona Activities Guide's intended purpose is to facilitate an increase in not only awareness, but also a true increase, in physical activity itself. The organization of the guide will be a time-consuming task. There are an abundance of opportunities for the community to engage in physical activity. Some local activities are well known, some are not well known. This guide will create a convenient pre-organized source of activities that will be available upon request of individuals. It may be impossible to document and present every opportunity that is available for the community without support from other sources/ambassadors. An extensive guide will call for all parties working together to coordinate efforts to make this a reality. In a perfect setting with full cooperation and no time constraints, that may be possible. But more importantly, establishing this guide will serve as a valuable resource for community members who are interested in this project with the hope that it can be a routinely updated guide of ongoing physical activities within the Winona community. The guide will be limited to only activities in the Winona community. There are other surrounding communities that would benefit from the same type of activities guide that would provide opportunities for higher levels of physical activity for their own community. Successful physical activity programs that were established in other communities will be explored in the literature review to determine if anything can be implemented into this program as well. The hope would be that not only can this guide serve Winona, but be used as a reference for other health enthusiasts that may be intrigued with similar possibilities in their respective communities.

### **Assumptions, Limitations, and Delimitations**

An assumption of this study is that greater community awareness and focus on existing available physical activities will improve the engagement of community members in their own physical health and will contribute to a greater sense of community for all. The utilization of the resources available will provide the community with an increased dedication to the overall improvement of physical and mental well-being while showing other communities that Winona is taking a pro-active approach to staying physically active. Establishing a reputation for putting a priority on increased participation in physical activities in which other communities can follow and implement in their own settings is something the community can be proud of.

This physical activity plan will be limited to the Winona community and may not have full access to all resources the community has to offer, at least initially. A project this large in scale needs more time than allotted to include every activity that is offered, but a concerted effort will be made to include all principal activities for all members of this community.

There are many other valuable dimensions of health and wellness that are not included in this plan. These other dimensions of health and wellness, include intellectual, spiritual, social, and emotional, are all very important along with physical wellness to completing an individual's optimal health. However this project will focus on the physical aspect of health.

This research paper will entail a literature review of community health and wellness programs designed to positively impact their population. Other successful programs will be dissected and explored. A thorough understanding for the need of more

physical activities in most communities will be examined as well as motivational factors that may help any community wishing to take steps to engage in more physical activity. Once the database of all physical activities has been presented through various channels of communication via a community-wide activities calendar, the community will be presented with it along with clubs, institutions, organizations, and businesses wishing to engage their own members in more physical activity.

## Chapter 2: Literature Review

The review of literature provides the casual person with an understanding of physical activity and how much activity is suggested to increase or maintain an acceptable level of fitness, leading to a healthier lifestyle. This chapter will also define various types of physical activity and what the specific benefits are that a person who includes it into their daily schedules consistently can expect. This helps us explore what activities are available in the Winona community.

This review will also look at successful intervention programs for physical activity. The idea behind this project is based off of many other successful community programs designed to get people moving more. Notably, Dan Buettner's Blue Zones Project provides the foundation for what this project will strive for. Reviewing successful programs will help readers understand the importance of physical activity in a community and provide a blueprint that will help tailor the activities being suggested by this project.

The literature review will also explore what behaviors motivate members of a community to maintain a healthy lifestyle. When a community has an abundant number of resources facilitating physical activity such as Winona, but is suffering from a noticeable lack of motivation, it is valuable to examine what motivational programs may help drive the community to change their behaviors when it comes to performing more physical activity. Stages of motivational readiness for change and other psychological theories and models will be part of this review. These models and theories are known for their success when adopted into programs for either individuals or in a community setting, changing long-term behaviors. The review of this information will be important

for the understanding and implementation of this physical activities guide and website for the community of Winona.

### **Definition of Physical Activity**

Physical Activity is an important part of the complete wheel of wellness (Edlin et al., 1999). Being physically active is good for one's health. Physical activity is defined as any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level. Physical activity generally refers to the subset of physical activity that enhances health. There are some important types of physical activity that are necessary to understand when one plans to become active or maintain an acceptable level of fitness.

### **Types of Physical Activity**

Aerobic physical activity is activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Examples include walking, running, and swimming, and bicycling. Health-enhancing physical activity is activity that, when added to baseline activity, produces health benefits. Brisk walking, jumping rope, dancing, playing tennis or soccer, lifting weights, climbing on playground equipment at recess, and doing yoga are all examples of health-enhancing physical activity. Moderate-intensity physical activity is physical activity that is done at 3.0 to 5.9 times the intensity of rest. On a scale relative to an individual's personal capacity for physical activity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 0 to 10. Vigorous-intensity physical activity is physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10. All this can be

accomplished by practicing lifestyle activities that a person carries out in the course of daily life and that can contribute to sizeable energy expenditure. Examples include taking the stairs instead of using the elevator, walking to do errands instead of driving, getting off a bus one stop early, or parking farther away than usual to walk to a destination. Once an individual consistently achieves these levels of physical activity, they can be considered to be physically “fit,” which is considered the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies (Edlin et al., 1999). Physical fitness includes many technical features: cardiorespiratory endurance (aerobic power), skeletal muscle endurance, skeletal muscle strength, skeletal muscle power, flexibility, balance, speed of movement, reaction time, and body composition.

### **Benefits of Physical Activity**

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases, including cardiovascular disease, type II diabetes, obesity, some cancers, and mental-ill health (Bauman, 2004). Indications also suggest regular physical activity helps to reduce the risk of all-cause mortality (all of the deaths that occur in a population, regardless of the cause). About 1 in 5 adults meet the National Physical Activity guidelines for recommended forms of physical activity that include aerobic, strength, and bone building activities. Less than 3 of 10 high school students get 60 minutes of activity every day. Children ranging from 6 to 17 years of age need at least 60 minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Adult guidelines recommend at least 2 hours and 30 minutes per week of



moderate-intensity aerobic activity and 2-3 days per week of muscle-strengthening activities per week. A person who engages in consistent physical activity with the proper intensities will continue to see greater and greater benefits and eventually have the capacity to increase both frequency and intensity (sustain a higher heart rate). However, before this occurs one should always consult with a health specialist or doctor when starting a physical activity program. As with all activities, safety should be the first priority. For older adults age 65 or older, the guidelines are similar to younger adults, assuming in general they are fit and have no limiting health conditions. Regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

### **Physical Activity in Winona**

These guidelines stressing the importance of increased physical activity leads into the need for a community-wide activities calendar for my community, Winona, Minnesota. I have been fortunate enough to be part of this community for my entire life. It is a peaceful community located in the southeast corner of Minnesota. It is abundant with hills, valleys, and waterways, making it optimal for outdoor recreation during all four seasons of the year. The options for physical activity is abundant, creating awareness of these options and finding different ways to motivate the community to participate is the greatest challenge for this and most other communities. Winona is comprised of roughly 28,000 people in approximately 11,500 households. When researching to see what concepts and programs that have inspired other communities to increase the overall

amount of physical activity members are participating in, many programs have been deemed helpful when noticing the overall participation and enthusiasm of its members, which helps judge the initial effectiveness of the program. It can be difficult to measure initial success with numbers alone. With the many benefits of physical activity, other ways to evaluate the effectiveness of these programs can be just as important. These programs need to help people reorient their lives to include more physical activity. The need of the community is to help its people develop physical activity habits that fit their lifestyles (Marcus et al., 2009).

### **Successful Programs**

Physical activity interventions include theoretical models and motivational readiness for behavior change in a community. Along with exploring some of these successful interventions, the goal of this project will be focused on finding healthy behaviors that are contagious. One of the goals of this physical activities guide will be to create social networks to interact with more people who want to be healthy and happy. The primary thought behind this project was taken from the Blue Zones concept established by Dan Buettner (2015). This Blue Zones concept has been extremely successful in areas in the world where people have been shown to live measurably longer lives. Buettner and his colleagues looked at the people inhabiting these Blue Zones to determine the common characteristics that were contributing to their longevity. These special characteristics included six emphasizes: family, less smoking, social engagement, eating legumes, semi-vegetarianism, and constant moderate physical activity. Taking the concept from Buettner regarding regular physical activity, I believe this is a model that is one of the best ideas for any community applying greater emphasis on the health and

wellness of its members. The premise is to start small, building friendships that grow organically as part of community change. The Blue Zones project allows people to choose what they want to work on rather than saying you must do this and you must do that. The Blue Zones trigger is to change the mind-set by taking the concept of starting with a small group of ambassadors within a city and slowly implementing them into larger parts of a community. Buettner says, “We want our community to be a great place for kids to grow up and families to live in, slowing the aging process leads to a higher quality of life in older adults, improving both their physical and mental health” (Buettner, 2015 p.102). This concept does not require a ton of effort and does not strive to be a “quick fix.” The sum of little changes moves the dial up. The strategy employed by Buettner is one that I believe would be successful in Winona, as well as many other communities. This strategy lobbies for changes in public policies that nudge people into moving daily, socializing, connecting with others, and reconnecting with their spiritual side. With time the community will change itself. Pressure from outside the community is not needed. The most important part of the process will be to find “health ambassadors” who are passionate about health, the city, and what we are trying to achieve. The Blue Zones concept includes a series of “purpose workshops” trying to give the community specific activities to improve health and happiness. This will nudge people into long-term healthy habits and most of all, this connection creates commitment to “be part of the solution.” To me and this research project, Buettner and his Blue Zones concept entails everything I believe to be a reasonable and realistic solution for the community to embrace healthier lifestyle habits for all the right reasons.

We can look at a successful program initiated and implemented by Buettner here

in Minnesota as a template for creating Winona's own "Blue Zone." The Minnesota Experiment was started in Albert Lea, roughly 100 miles from Winona; Buettner was able to find local ambassadors who were on board with his Blue Zone revolution. This included the mayor, city manager, superintendent of schools, head of public health, president of the Chamber of Commerce, and other respected business leaders who would be present at town meetings to hear why they should ignite this Blue Zone revolution. The focus was starting small within a 20-mile radius of surrounding homes and job locations. Various phases of the community change included making better nutrition choices and incorporating more physical activity through "health walks." The experiment called for finding a network of friends and associates who would help lead this revolution through building a strong social ecosystem that gave the community members a sense of belonging through a community-wide health transformation. The goal was designed to target the environment rather than individual behaviors. To this day, the program is considered a huge success and has been widely accepted as a blueprint for other communities to follow.

### **Successful Physical Activity Programs**

With the high prominence of a sedentary population, now is the right time for communities to consider client program matching for the promotion of physical activity. The stages of motivational readiness for change model is founded on the idea that people differ in their levels of readiness to change behaviors (Marcus, 2009). Programs need to use differing strategies and techniques to bring about desired behavior changes. Consider this, the program goal for a client starting in stage 1, not thinking about change, could be to help the client to begin to think about change by reading articles about health, body

image, and self-esteem benefits of physical activity and by possibly taking a few 1-minute walks during the week. In comparison, the goal of a program for a client in stage 3, doing some physical activity, might be helping the client to take daily 10-minute walks and then building up to 30-minute walks on at least 5 days of the week.

The stages of change model has been used for physical activity programs with positive results. Most large-scale projects can be expensive for the community. However, community programs using the stages of change model has been shown to be less expensive while reaching a great number of underactive people using various channels, including, the mass media, print materials, and community leaders. This model can be integrated into the Winona community without the worry of it being too expensive, and more importantly, not having enough community leaders willing to promote the initiative and update regularly occurring physical activities in the community. Taking advantage of the Winona physical activity guide by using the Internet is something anyone in the community with computer access can readily do. Combining motivational techniques and these physical activities on one accessible website will be a recipe for increased participation in the Winona community.

#### **Imagine Action Campaign.**

One well-known community-wide physical activity program was the Imagine Action campaign (Marcus et al., 1992). This program was composed of adults who enrolled through their workplaces or in response to advertisements. Potential participants received a description of the program with a letter explaining that if they were having trouble being or staying physically active, this was the program specifically for them. This program lasted 6 weeks and consisted stage-matched of self-help materials, a

resource manual, and weekly fun walks and activity nights. Information included ways to think about increasing lifestyle physical activity, considering the benefits of and barriers to becoming more active, the social benefits of activity, and rewarding oneself for increasing activity. The manual guided people towards increasing their frequency and intensity of physical activity on a weekly basis. This addressed possible barriers, benefits of physical activity, setting short-term and long-term activity goals, rewarding oneself for increased activity, time management for exercise, and details on developing a light activity program. The manual also addressed now-regularly active people at risk for a relapse and troubleshooting those situations, goal setting, rewarding oneself, cross training to prevent boredom, minimizing injury, and gaining social support. Descriptions of a wide variety of free and low-cost light-intensity, moderate-intensity, and vigorous physical activity options throughout the community were also included. Organized physical activity options included walks and appropriate free classes at local facilities (low impact). After completion of this program, over 90% of participants increased their daily activity levels from their starting stage. This program demonstrated that a low-cost, low-intensity progressive program could produce important changes in physical activities, at least for a relatively short time frame (Marcus et al., 2009).

### **Jump Start.**

Jump Start was a community-based study that compared a basic print-based program to a stage-matched print program that provided individualized feedback to participants each time they filled out a questionnaire about their physical activity behavior (Marcus, Bock, et al., 1998). The goal was to give participants comparisons between their own behaviors and those of participants who had been successful in

increasing their levels of physical activity. The feedback informed participants about how they had changed their activity level so it could be confirmed whether or not they were moving forward, sliding backward, or staying the same in the strategies and techniques implemented for becoming long-term physically active people.

Results from this program showed that people who received the individualized program were more likely to achieve recommended levels of physical activity, at least 30 minutes per day 5 days a week, through a 12-month follow-up period than participants who were given standard materials promoting physical activity (Marcus et al., 2009).

### **Project Active.**

Another community-based study was Project Active. This study was based on the stages of motivational readiness for change model. The program followed participants for 18 months (Dunn et al., 1999). The 2-year study compared a lifestyle physical activity program with a structured exercise program. Participants were encouraged to perform 10-minute walks when possible while being fortunate enough to have a free membership at a specific gym/fitness facility. The study compared the physical and psychological benefits of a lifestyle approach with the more traditional, structured exercise programs. Two features studied included, first the extent to which the program took into account an individual's motivation for change and second the reasons participants gave for not participating consistently (Marcus et al., 2009). Participants in the lifestyle group would meet for hour-long behaviorally oriented meetings each week that slowly decreased in frequency after the first 4 months. Topics discussed included: setting realistic goals for activity, finding someone to support the drive to be active, and learning how to reward oneself for being active consistently.

Structured-group participants were presented with a 6-month membership to a fitness center where they met with an exercise trainer who provided support and the knowledge needed to maintain a fitness regime. The results were favorable as most participants increased their workouts to 5 days per week for roughly 30-40 minutes per session. The 6-month evaluation was very promising as both groups were highly active as opposed to the beginning of the program (Dunn et al., 1998). Thirty percent more participants met the recommended guidelines for physical activity after the program ended. This included at least 5 days a week of at least 30 minutes of moderate to high intensity. After the study, both groups showed an increase in energy expenditure and cardiovascular fitness (Dunn et al., 1999). The program was seen as a success for encouraging high levels of participation in physical activity. People in the initial stages of trying to increase physical activity may benefit the most from this type of program (Marcus et al., 2009).

#### **Project STRIDE: A Community-Based Study.**

According to Barnes and Schoenborn (2003), there was a need to develop an effective, evidence-based intervention to promote physical activity that can be readily available to all communities. This was in large part due to the staggering statistic that only 32% of Americans were meeting the recommended physical activity guidelines. For Project STRIDE, telephone and print were the two channels of delivery used to determine the most effective means of promoting physical activity among healthy, sedentary adults. Both intervention supports were guided by a motivationally tailored, theoretically driven computer expert system covering topics similar to the ones discussed in the stage-based manuals used in the Jump Start study. Participants filled out questionnaires on a monthly



basis during the first 6 months of the program and bimonthly during the second 6 months of the program in order to tailor their print and telephone feedback (Marcus, Napolitano, Lewis, et al., 2007). The results of the study were encouraging. At 6 months, participants of both channels significantly increased their minutes of moderate-intensity physical activity compared to control groups, with no differences between the intervention supports. At 12 months, print participants reported a significantly greater number of moderate-intensity minutes than both telephone and control participants (Marcus, Napolitano, Lewis, et al., 2007). These results demonstrated that both telephone and print interventions might enhance the adoption of physical activity among sedentary adults; however, print interventions may be particularly effective in maintaining adequate levels that meet the recommended levels of physical activity in the long run.

### **Step Into Motion.**

Step Into Motion was a physical activities program designed specifically to reach the large percentage of Americans who access the Internet frequently. Over two-thirds of Americans utilize the Internet on a daily basis, adding to the issue of sedentary lifestyles (Madden, 2006). Step Into Motion was a study that tested a Web-based version of the protocol used in Project Stride (Marcus, Lewis, et al., 2007). Here the sample consisted of mostly Caucasian women (82%) who exercised an average of 21 minutes per week as a baseline. Approximately 44.4% of the participants who received the Internet-based intervention achieved the public health recommended levels of physical activity at 6 months and 39% continued these levels at 12 months. This Internet-based intervention was technologically restricted (e.g., no chat rooms, no blogs, limited interactivity) to match and compare it to another group of participants using a print-based intervention

(Marcus, et al., 2007). Only 37.2% of the print-based participants met the recommended level of activity. This led to the conclusion that the Internet can be a viable tool that has the potential of widespread dissemination to increase physical activity among sedentary adults. Roughly 80 million underactive adults in the U.S. are online and might be reached via Internet-based interventions. Although this study helped establish Internet programs as a potential means for physical activity tracking and behavior change programs in a cost-effective way, there are many more interventions using the internet, such as blogs, chat rooms and polls, as a resource that can be taken advantage of with the rapidly improving Web-based features. More research is needed to examine how these components of the Internet can more effectively help people adopt and maintain physical activity behavior.

These stage-matched approaches, the theory or belief that people differ in their levels of readiness (stages) to change their behavior, have been designed with the intent to increase the levels of physical activity in all people. These studies have shown that matching interventions with participants' levels of motivational readiness is a more effective approach than using a general pre-set theory (one-treatment-fits-all approach) in which all people obtain the same information regardless of their motivation to change activity levels. It can be a challenge to personalize information for all individuals who are targeted to improve their levels of physical activity, however this can be very important in order to provide a comfortable setting for the individual to engage in a program to meet the goals. An important finding of these studies show that effective programs do not necessarily need to be traditional gym-based ones in which most people are familiar with. Lifestyle activity programs are also quite effective in helping communities achieve

improvements in health and fitness levels (Marcus, et al., 2007).

### **The Need for Community Programs to Increase Physical Activity**

Health specialists are just beginning to learn how to match physical activity programs to target audiences. Programs that focus on exercise and physical activity have been slow to reach communities in part because leading a sedentary lifestyle has just recently begun to receive national attention as a significant public health problem (Fletcher et al., 1992). Many urban and rural communities have gyms, community exercise programs, health clubs, and other activities that provide outlets for people to follow an exercise regimen. Unfortunately, statistics show much of the population is sedentary, and most people who start an exercise program, usually at the beginning of a new year, do not stick with it over the course of a full year (Dishman, 1994). The time seems right for communities to consider programs for the promotion of physical activity.

Before looking at successful programs, it is important to understand how we can motivate people of a community to engage in more physical activity. With these outlets for physical activity being available to most communities, it is first important to grasp the various motivation models and psychological theories that are frequently used for these physical activity based programs.

### **Motivation to Change**

Community programs designed to help motivate people to engage in more daily/weekly physical activity can be beneficial for creating change in behaviors and attitudes that inspire positive results. Many communities are well aware of the research and benefits that consistent physical activity can do for the morale and health of their given population. Some communities have incorporated wellness programs and provided

information regarding the endless opportunities for citizens who wish to make regular physical activity part of their respective daily rituals.

Motivating people in a community to be physically active can prove to be a unique and somewhat daunting challenge for health specialists and professionals eager to share their knowledge and desire for a more healthy overall population. The numbers indicate over 25% of the American population is sedentary, or inactive. Sixty percent of Americans report not participating in the recommended amounts of physical activity. Many individuals participate in some form of physical activity, whether it be a bowling league or summer softball league, but many struggle to consistently participate in reaching the daily expectancy required to see the benefits of regular, moderate-to-high intensities for healthy lifestyles. This level of inactivity and/or infrequent activity led to the need for effective programs to help these people start and maintain active lifestyles critical to their health.

### **Stages of Motivational Readiness for Change Model**

Techniques that have recently been used to promote physical activity have come from psychological theories of motivation and behavior change. The transtheoretical model, or stages of change model as it has been called in relation to physical activity, was developed from the work of Dr. James Prochaska and Dr. Carlo DiClemente. These two doctors were interested in learning how people change when they do not receive any help. They believed this would provide information to other professionals who help others change specific habits (Prochaska & DiClemente, 1983). It was established throughout their studies that people move through specific stages as they struggle with the attempt to make changes (Marcus, et al., 2007).

The stages of motivational readiness for change model (see table 1) focuses on motivation for change and actual behavior change. Much of the development of this model is attributed to the work of Prochaska and DiClemente. This model recognizes that when attempting to make long-term behavior changes, individuals vary in their levels of motivation to change. This varies from those who have no intention to make a change to those who are making behavior changes (Marcus, et al., 2007). This model entails five stages of readiness for change. Stage one is those who are inactive and not thinking about becoming more active. This is referred to as not thinking about change. Stage two applies to people who do not participate in any physical activity but are planning on starting to within the next 6 months. This is known as the inactive and thinking about becoming more active stage. Stage 3 involves people doing some physical activity but not at levels meeting the American College of Sports Medicine/American heart Association guidelines of accomplishing at least 30 minutes of moderate-intensity physical activity 5 or more days a week (Haskell et al., 2007). In stage 4, individuals participate in the recommended amounts of physical activity but have done so for less than 6 months. Whether they maintain this level of fitness is unknown. Finally, stage 5 most importantly involves people making physical activity a habit. They have participated in the recommended guidelines for more than 6 months (Marcus & Simkin, 1993).

People tend to move back and fourth among all 5 of these stages. It rarely shows the linear tendency many health professionals would desire to see. Individuals have a challenging time starting and sticking with healthier lifestyle changes (Prochaska et al., 1992). This model is considered cyclical; it may take a person numerous attempts at behavior change before being able to reach the ever so important stage 5. It is unrealistic

to not expect some level of frustration with these individuals. Even if an individual can achieve stage 5, there is always the likelihood they may slide back to an earlier stage, or stages, for periods of time. The good news is, research has recently shown that even once a person makes that change but falls back, they avoid the most challenging stage (one) and can proceed again to more beneficial stages (Marcus et al., 1992). Another possible unknown is whether or not there should be a termination stage, when participating in physical activity on a regular basis is a permanent way of life. The whole process of going through these stages requires the individual to remain committed for the long-term to ensure he/she continues. This has to be considered when a person is making not only long, but short-term goals (Marcus et al., 2007).

**Table 1:**

Stages of Motivational Readiness for Change

Stage number	Description
Stage 1	Inactive and not thinking about becoming more active
Stage 2	Inactive and thinking about becoming more active
Stage 3	Doing some physical activity
Stage 4	Doing enough physical activity*
Stage 5	Making physical activity a habit

\*Accumulating at least 30 minutes of moderate-intensity physical activity at least 5 days a week

Table from Marcus and Forsyth, 2007, *Motivating People to Be Physically Active* (Human Kinetics: Champaign, IL). p. 15.

**Imagine Action.**

Intervention programs are usually designed for people doing some physical activity, stages 3 and 4 in the stages of change model. Unfortunately, more than half of the population is in either of these two stages. What is most important when helping people lead more active lifestyles is thinking about programs that can be offered for

people in the initial stages, 1 and 2, of the stages of change model (Marcus, et al., 2007). They need the most guidance and opportunities for making a change, however, few programs are available and they likely suffer from a lack of motivation to find avenues on their own. A study was conducted by Marcus, Rossi, Selby, Niaura, and Abrams back in 1992, which examined the stages of change model implemented to a community of volunteers. The ‘Imagine Action’ campaign was a community-wide event incorporating the involvement of local websites and community agencies. The community members registered for the campaign enrolled in a six-week intervention program designed to encourage participation in physical activity. There were 610 adults aged 18 to 82 years old in the program. This campaign was conducted in a city with a population of roughly 72,000 citizens and was promoted throughout community worksites, area schools, organizations, and local media channels. One question designed to assess the current stage of exercise adoption was included in the registration form along with questions about the participant. The intervention in this campaign included written materials designed to encourage participants to initiate or increase physical activity, a resource manual describing activity options in the community, and weekly “fun walks” and “activity nights.” Follow-up evaluations after the six-week intervention found that subjects were significantly more active than before the campaign. Approximately 62% of participants in the contemplation stage became more active while 61% in the preparation stage became more active. This study provides support for the use of the stages of change model in designing exercise interventions (Marcus, Rossi, Selby, Niaura, & Abrams, 1992). An intervention program for more physical activity like the “Imagine Action” campaign should provide alternatives to traditional exercise prescriptions. Moderate

levels of physical activity such as brisk walking should be promoted and the functional and health benefits of such activities emphasized. Life-style interventions in which increased activity is integrated into daily routines may be easier for many people to adopt than traditional programmed exercise (Blair et al., 1993).

### **Processes of Change**

Processes of change are the strategies and techniques that people use to modify their behavior. A study by Prochaska, Velicer, DiClemente, & Fava (1998) investigated the process of behavior change. The stages of change explain when people change; the processes of change describe how people change. They determined the specific processes of change to focus on with a client depended on that client's stage of motivational readiness for change. The process of behavior change is divided into two categories: cognitive (thinking, attitudes, awareness) and behavioral (actions). The cognitive processes of change in physical activity include increasing knowledge, being aware of risks, caring about consequences to other, comprehending benefits, and increasing healthy opportunities. The behavioral processes of change in physical activity include substituting alternatives, enlisting social support, rewarding yourself, committing yourself, and reminding yourself (Marcus et al., 1998). A table with these processes of change can be found in Appendix A. One of the major goals of this process is to encourage people to begin exercising and to develop strategies for maintaining an active lifestyle, by either rewarding oneself or using reminders to stay active.

### **Self-efficacy**

Fitness professionals in the community also find that working with individuals to increase self-confidence in their ability to stay physically active is important as



demonstrated by Bandura's (1997) research on self-efficacy. Bandura states that these professionals should help members of the community understand more of the benefits of becoming physically active. Behavior change is not an easy process; working with the community to understand and overcome personal barriers to behavior change is a big task to accomplish (Janis et al., 1977). Components that address self-confidence, benefits, and barriers are used in combination with the stages and processes of change in individual, group, workplace, and community programs.

### **Motivation for Physical Activity**

Physical activity includes many forms of exercise. Several factors can influence the extent of a person's level of activity. Characteristics such as self-confidence, support from family and friends, and personal enjoyment can impact the long-term sustainability of the person's level of commitment. Aside from the afore mentioned stages of motivational change and processes of behavior, health professionals have studied in depth psychological theories and models to get a better understanding of the factors involved in starting to live an active lifestyle and maintaining physical activity characteristics (Marcus et al., 2007). Theories from behavior science have been useful in developing, implementing, and evaluating health promotion efforts. It is helpful to look at some of these psychological theories and models that can be implemented in order to best help individuals and communities become more physically active. These theories and models can be useful when developing strategies for helping a community become more active. It is important to keep in mind that no model can fully explain a person's motivation, or lack thereof to be physical activity and which one can most effectively help these people change their behaviors. Some theories are more appropriate for individual levels of

physical activity and some are applicable for the community level.

### **Psychological Theories and Models for Measuring Motivational Readiness**

Similar to the attributes described in “Blue Zones” concepts prescribed by Dan Buettner (2015), his learning theory acknowledges that when developing a new, complex behavior, such as physical activity, it is important to start with small steps and then progress towards the desired result. This is referred to as shaping. Many times, people who start physical activity programs make the long-term goals too challenging to continue, at least at a high level. Health promoters often fail to prescribe safe and moderate intensities as well. This can lead to the individual feeling overwhelmed and even, possibly injured, during new bouts of exercise. This makes sustainability much tougher to accomplish. Like Buettner has stated in “Blue Zones,” start with small, achievable goals so the person can develop a sense of accomplishment and learn strategies to overcome past failures (Buettner, 2015). The Blue Zones solution stresses the importance of starting slow, but making a gradual increase in individual goals to sustain long-term health. It is equally important to implement rewards and pleasant consequences. In fact, King and associates (1992), found that programs using reward strategies, including tangible rewards and behavioral contracts, were found to increase regular exercise participation by as much as 75% in the short-term. However, one must be cognizant of programs that are based on extrinsic rewards that do not seem to help people stay active over the long term (Glanz et al., 1995). This would demonstrate the need for strategies that enhance natural rewards once formal involvement is complete. Intrinsic rewards can take much longer to provide a sense of accomplishment than extrinsic rewards (Brownell et al., 1980).

People are more likely to be motivated to do something if they perceive the benefits outweigh the barriers. This would explain the decision-making theory, established by Janis and Mann, (1977). If the person believes the benefits of being active outweigh the cost, they are more likely to engage in this behavior. People who are in the latter stages of motivational readiness for change are at more of an advantage if they believe the pros outweigh the cons (Marcus et al., 1992).

### **Behavioral Choice Theory.**

The behavioral choice theory attempts to explain how people decide among the behavioral options available to them and how the person can use his/her time among various sedentary and active activities. This choice is influenced by many factors, including the availability of physical activities versus sedentary activities, perceived benefits versus barriers, reinforcement, and degree of effort. With this theory, it is important to develop options that are both enjoyable and readily available so the person can pick an option without totally abolishing a past form of a likely sedentary enjoyment. According to Saelens and Epstein (1998), sedentary individuals will perform some physical activity if they can also take part in their favorite sedentary behaviors. For this strategy to work, the sedentary behavior must be one the person engages in every day (Saelens, et al., 1999). People who experience rewarding consequences as a result of physical activity need to believe that they are freely choosing to be active and are not being active only to please someone else. If the person perceives that they are being forced to initiate a physical activity program rather than choosing on their own to become more active, they may not be motivated to change their lifestyle habits. Allowing the person to set their own goals for physical activity rather than the health promoter

prescribing the goals can help them recognize that the choice to become active is theirs. It is equally important to encourage the person to look for the immediate rewards of being active (more energy, positive role model for others, etc.).

### **Social Cognitive Theory.**

Social cognitive theory has been one of the most successful theories when used for physical activity interventions. Here, three forces affect the positive outcome of physical activity behavior. Behavior change is affected by interactions among the environment, personal factors, and attributes of the behavior itself (Bandura, 1993). Making physical activity a regular behavior can result from direct reinforcement. Perhaps a fitness professional compliments one for staying with regular exercise the past few months, or the person adopts habitual physical activity behaviors as a result of observing the consequences others experience. The confidence a person demonstrates in the ability to perform a particular behavior is key in this theory. If people perceive they can perform the program successfully, the more likely they are to engage in that behavior. Lewis and associates (2002) showed that this confidence was related to physical activity behavior when they developed a questionnaire for measuring self-efficacy adapted specifically for physical activity along with strategies to enhance confidence. The person must believe positive outcomes will outweigh any negative outcomes in the short and long-term (Bandura, 1997).

### **Ecology Model.**

When trying to understand behavior and behavior change in relation to sociocultural and environmental variables, one can look at the ecological model. This is the premise that some environments restrict physical activities by enforcing sedentary

behaviors (Badland et al., 2005). Many public places, whether it is a place of work or leisure, are designed in ways to limit the opportunity for physical activity. It may be elevators in a central location or limited areas for exercise or movement. Badland and associates (2005) believe that environments can be designed to foster more activity by incorporating safe, attractive, and easily accessible areas. The ecological model states that it is important to develop physical environments and policies that support activity, along with the development of personal skills, because there are multiple levels of influence on physical activity (McLeroy et al., 1998). The influence on multiple levels and settings are likely to lead to greater change (Sallies et al., 1998). It is important to customize the physical activities program to the person's physical environment (Humpel et al., 2002).

#### **Relapse Prevention Model.**

Finally, another model that has been useful in understanding and intervening to increase physical activity is the relapse prevention model. Originally developed by Marlatt and Gordon (1985) for other addictive behaviors, the relapse prevention model is favorable for maintaining change over the long term. Of course this is important for physical activity because it is vital in an effort to continue to be active over time to maintain benefits of a healthy lifestyle. This is regarded as the biggest obstacle for health promoters, getting people to stick with physical activity when it is easy to get off track. Paffenbarger and Associates (1986) determined that athletes in college were no healthier than those who did not perform any physical activity when they stopped being active. The relapse prevention model can help newly physically active people plan for problems adhering to their physical activity plans. Anticipated or unanticipated situations can lead to difficulty in sustaining consistency in a plan for physical activity. It is initially

important to identify these situations that could be considered high risk and then develop a plan to avoid them from becoming a habitual distraction from the program. A person can work on building confidence by using newly acquired skills to combat these situations. The relapse prevention model also empowers individuals to identify the difference between a lapse and a relapse so they do not succumb to the abstinence violation effect, giving up altogether when they have slipped (Marlatt et al., 1985). The individual, and to some extent the health promoter, must be able to acknowledge that a break in physical activity has to be a temporary occurrence and all parties must have a plan to combat these possible challenging situations.

All psychological theories and models explored above are designed to help individuals overcome the obstacles that we all too often face when adverse situations arise, making it difficult to adhere to our desired levels of physical activity. Table 1, courtesy of Marcus and Associates (2007), provides these motivational theories and models that have been presented in table form with relevant ideas and program strategies.

**Table 2:**

*Promising Psychological Theories and Models for Promoting Physical Activity*

Theory or Model	Relevant ideas	Program strategies
Learning theory	<ul style="list-style-type: none"> <li>• Shaping</li> <li>• Reinforcement</li> <li>• Stimulus control</li> <li>• Extrinsic vs. intrinsic rewards</li> </ul>	<ul style="list-style-type: none"> <li>• Self-monitoring</li> <li>• Goal setting</li> <li>• Rewards</li> <li>• Feedback</li> </ul>
Decision-making theory	<ul style="list-style-type: none"> <li>• Perceived benefits</li> <li>• Perceived barriers</li> </ul>	<ul style="list-style-type: none"> <li>• Decisional balance sheet</li> <li>• Removing barriers</li> <li>• Problem solving</li> <li>• Enhancing benefits</li> </ul>
Behavioral choice theory	<ul style="list-style-type: none"> <li>• Reinforcement</li> <li>• Benefits vs. barriers</li> <li>• Perceived choice</li> <li>• Availability of behavioral options</li> </ul>	<ul style="list-style-type: none"> <li>• Rewards</li> <li>• Decreasing sedentary options</li> <li>• Including client planning and decision making</li> <li>• Increasing options for activity</li> </ul>

Theory or Model	Relevant ideas	Program strategies
Social cognitive theory	<ul style="list-style-type: none"> <li>• Self-efficacy</li> <li>• Outcome expectations</li> <li>• Direct reinforcement</li> <li>• Observational learning</li> </ul>	<ul style="list-style-type: none"> <li>• Skill building</li> <li>• Setting achievable goals</li> <li>• Identifying benefits</li> <li>• Tangible rewards</li> <li>• Social support</li> </ul>
Ecological model	<ul style="list-style-type: none"> <li>• Personal skills</li> <li>• Institutional and community factors</li> <li>• Physical environment</li> <li>• Policies</li> </ul>	<ul style="list-style-type: none"> <li>• Self-management</li> <li>• Matching program to environmental opportunities</li> <li>• Altering physical environments to include more activity options</li> </ul>
Relapse prevention model	<ul style="list-style-type: none"> <li>• High-risk situations</li> <li>• Self-efficacy</li> <li>• Coping skills</li> <li>• Abstinence violation effect</li> </ul>	<ul style="list-style-type: none"> <li>• Planning</li> <li>• Confidence building</li> <li>• Problem solving</li> <li>• Identifying and changing negative thinking</li> </ul>

Table courtesy of Marcus and Forsyth, 2007, *Motivating People to Be Physically Active* (Human Kinetics: Champaign, IL), p. 33.

### **Community Readiness for Change**

In the past, the stages of motivational readiness for change model has been used to explain behavior change at the individual level. But recently it has been applied to communities to describe how that community should make physical activity important for its citizens (McLeroy et al., 1998). Research has concluded that environmental factors are central considerations for individual behavior change (Heath et al., 2006). Bike paths, walking paths, and trails enhance the opportunity for behavior change. Company factors also affect change, such as employers who do not incorporate worksite health promotion programs to increase physical activity. Readiness at the community level is also influenced by how much, or little, support they receive from community leaders. Many of these factors must work together when considering a community's readiness for change. Communities need to evaluate

what appropriate steps should be taken to find cost-effective programs to increase the physical activity of their citizens, with the ultimate goal of making increased activity a habit. A community that can evaluate its readiness for change through the different stages and make the necessary changes will be a community better off. This readiness can be determined in various ways, such as a) assessing the physical environment, b) interviewing community leaders to get an idea whether or not the support is in place for people to become active, and c) searching for physical activities through the media to see what information is available. The assessment should also include physical activity-promotion actions already initiated by the community, and if the intention is to move towards expanding them (USDHHS et al., 1999). Assessing behavioral goals in relation to physical activity is equally important. Behavioral goals may include: Developing social networks (partnerships between community members), environment (creating more opportunities in the community), community norms (all leaders promote more physical activity), and policies and legislation (tax cuts/benefits for organizations that promote more physical activity for its employees). Reaching everyone in the community may not be realistic; therefore the goal should be to try and reach the majority of people within the community (USDHHS et al., 1999). It would be of some benefit to get an idea of what most people think of physical activity and why they wish to become more active or what has been holding them back. From here, you can get an idea how to meet their needs. Kotler and Zaltman (1971) referred to the designing of a program based on the needs of the target audience as social



marketing. The promoter listens to what the community members believe is best for them and devises a solution to fit these perceptions. Providing individually structured, stage-matched messages about physical activity would be ideal, but would prove to be expensive and consume many hours of intense labor. It's best to weigh the pros and cons when deciding between a targeted and tailored approach (Marcus et al., 2007). Technologies such as the Internet can be cost effective in delivering physical activity messages without relying on face-to-face counseling. A study by Disman and Buckworth (1996) showed that media-based approaches might be more effective because they allow more flexibility and choices for people.

These theories and motivational interventions reinforce the ultimate goal of this research project, which is to effectively connect the community through a citywide physical activities inventory guide, based primarily off the concept of Dan Buettner's Blue Zones Solution. This approach has transformed America's cities and towns through this makeover project. Buettner builds on the key insight that lasting health is more the result of our surroundings than our conscious choices. Using his concept along with studying and implementing parts of these other successful community programs, motivational techniques and psychological theories and models, will provide the opportunity for greater levels of physical activity with the creation of an all-access website to be integrated in the Winona community. Recent research has established that there is an increasing reliance on the Internet as Fox (2006) concluded eight out of 10 Internet users have looked online for health

information. Technological advances for new information pertaining to physical activity will only increase. The Internet will continue to provide information for those who wish to utilize it for more ways to increase and maintain levels of physical activity. The goal is to provide an accessible website that will entail as many opportunities for physical activity for all groups of people in the community along with theories and motivational strategies consistent with Buettner's initiatives.

Winona and its many resources for activity have provided the people of Winona with a vast amount of opportunities to engage in physical activity. The creation of the activities guide is to not discredit nor disrespect the efforts of many people and programs in the community but to re-enforce opportunities to learn from other successful community programs, provide some motivating techniques that can be applied to their respective efforts to maintain a healthy lifestyle, and have a resource that provides a complete list of physical activities in Winona. The success of this project will be evaluated not by months, but years from now when the physical activities website is continuing to offer the Winona community with an updated, ongoing list of activities that any person in the area can use as a reference for getting themselves moving at levels that meet the recommended guidelines to help fulfill a healthy lifestyle that benefits not only oneself, but the community as a whole.

### **Chapter 3: Methodology**

This research project intends to develop an inventory of available physical activities in the city of Winona. The primary task is to take all the physical activities that can be found and log them into a readily accessible Microsoft Excel document that will be used to create a website available on the Internet with the intention of providing people in the Winona community with the opportunity to view all physical activities and give them a vast number of choices and ideas to improve their health and fitness levels. This website will not only include numerous physical activities in Winona grouped into specific categories, but also provide valuable information for motivational techniques, theories and models that may help individuals and groups understand psychological behaviors, fitness/workout logs to chart activity levels, and a daily calendar providing opportunities for activity on a given day. The identified health ambassadors of Winona, who are willing participants of the project, will be counted on to support the drive for city-wide participation in physical activity and regularly add to the ongoing activities website and current events calendar. This is a project that will require health ambassadors to be committed to create a healthier environment for citizens to work together as a team to reach the ultimate goals set forth and continue to challenge each other. This effort to work in unison will make it easier for people to stay healthy because of the ongoing support focusing on environment rather than individual behavior change.

## Participants

Participants for this research project are members of the Winona community. The goal is to reach as many people as possible in Winona. According to the latest demographics of Winona, this community has a population of approximately 28,107 citizens. The labor force in Winona County is 30,000 with an unemployment rate of 3.7%. These high employment rates help stress the importance of employee wellness programs. Twelve elementary schools, 2 middle schools, 3 high schools, and 3 post-secondary schools comprise Winona's education system. Total enrollment of these post-secondary schools is roughly 12,700 students. Winona has many people who would benefit by adding more physical activity into their daily routines. All citizens of Winona who are physical capable of exercising under the parameters suggested by the Centers for Disease and Control Prevention: Physical Activity Guidelines will have the opportunity to use the physical activities resource guide.

The citizens of the Winona community are the ones who will benefit from this physical activities resource guide. Equally important will be the identified health leaders/ambassadors of Winona, similar to ones that have helped make Buettner's Blue Zones Project successful in communities around the world. These health leaders will be key to providing different perspectives or ideas that will help not only deliver the message but also offer various interventions that will increase physical activity in the community. Teamwork is essential for the long-term success of this initiative to improve the community. Working collaboratively with these leaders will be

important to the data collection efforts to make the physical activities resource guide and informational website. Chosen leaders of the Winona community will be viewed as proponents for health and wellness who carry out positions of importance and can influence the community not only by verbal promotion but demonstrating their own healthy lifestyles through actions of staying physically active. There are many leaders in the community that could be targeted for this project, but for the time being in an effort to get the program off and running, a select few will be inquired as to their interest level in the physical activities promotion for the community. This select list of leaders includes the park and recreation director, public health administrator, city manager, and physical education teachers of the school districts. These identified health ambassadors will be contacted via email during the development stage of the website. The email each party receives will include a description of the physical activities project and the purpose for it along with a questionnaire designed to ask questions and receive answers pertaining to their level of interest in participating through promotional efforts.

### **Data Collection**

The primary data collection method that will be used in this project will first involve an intense effort to scout for all physical activities in the Winona community using maps, resource guides, Internet sites, word of mouth from social sources in the community, and other present channels of information. As this primary data collection, I will make a list of all the sports and recreational activities that are

qualified sources known to elevate the heart rate and be considered “physical activities.” The complete list will then be typed and logged into the activities guide using the program Microsoft Word. Once the activities are entered in Microsoft Word, used for its quick and easy documentation, they will then be transferred to Microsoft Excel. Microsoft Excel is known for its clear and specific organization. The initial physical activities guide will be arranged in alphabetical order based on a combination of the given sport and recreational activity and season the activity can take place in. To aid in the process of researching locations for these physical activities in the Winona area, a citywide map will be used courtesy of the Winona Park and Recreation department. Appendix B contains the map that will be used to determine these locations. Once these locations are determined to provide opportunities for physical activity that will be useful for the guide, current information available from conducting an Internet search and other print materials will be the primary source for research. The useful data that is collected will help complete the activities inventory guide and be available on the Winona physical activities website. The websites that are part of the data collection will be marked as a resource that can be used as an additional reference point for information on other known physical activities in the area if it is subject to changes in the future. This is labeled as Appendix C in this paper. The activities inventory will include all physical activities that are in accordance with the CDC guidelines of recommended daily physical activity. The physical activities inventory guide will include all sports and

recreational events that may be free of cost, minimal cost, or substantial cost based on the determined price for that activity set by the organization and specific amenities that are offered. For example, playing a leisurely game of basketball at a park controlled by the City of Winona close to a residence would be a free of cost activity, however, signing up a child to take structured basketball lessons from a “coach” at the Winona YMCA might involve a cost not only for a membership, but a participation fee that would occur at a specific day, time of day, and season of occurrence. Another added benefit of the physical activities inventory is that at any point, an administrator or ambassador with access to the physical activities website would be able to change/modify any ongoing activities if dates and times of a structured event changes from what it was previously identified as.

The critical features of the physical activities inventory guide have been carefully planned to include information that will be categorized alphabetically, quickly accessible and most important to the member of the community inquiring about the desired activity. Every effort will be made to investigate all options the Winona community has to offer for an unlimited number of activities. The beneficial part of an ongoing activities website is the fact that identified health leaders will have the ability to either add to the catalog with their own known activities or be provided with information from other sources that are aware of the guide and its purpose. Establishing this project with the goal of coordinating many health ambassadors working as a “team” will ultimately help determine the long-term success of the

project.

The next important step will be to include the name of the organization or establishment providing the activity and/or current information for it in the Winona community. This will help the individual know if it is, for example, an activity provided by the City Park and Recreation Department, school or university, or private organization or business. If it is a physical activity deemed safe and beneficial for anyone wishing to participate in the specific activity, it will likely have a party either running the activity or providing information about that activity.

Following the name of the organization, business, or controlling individuals of the activity, other details are included in the activity guide. This includes the address, phone number, hours of operation and person to contact. This will help any member of the community to not only know where the activity is located and at what times they can perform it, but also provide a contact name to provide additional information if needed.

For each activity it has also been determined that age appropriateness is a part of the identification. This will consider the safety of participants who are a certain age where performing an activity may or may not be recommended. The two primary differences will be adult only and child approved. Of course some activities may be deemed safe with adult guidance. The goal is to provide people of all ages the opportunity to stay active with this project.

Another critical feature of the activities guide is the time of year, or season,



that the activity takes place in. Living in the unpredictable climate of Southeast Minnesota, weather has a strong influence over physical activities that take place outside in the elements. Most activities boil down to personal preference. Some people enjoy the bitter cold of winter and may not let that be a hindrance when it comes to staying active. Some may find doing activity outdoors in cooler months unsatisfying, hence the need for an activities guide that provides suggestions for indoor activity during those months. The same applies for activities on hot, summer days. The humidity can impact outdoor activity in the summer, hence emphasizing the need for indoor opportunities providing a suitable temperature for movement. Again, one has to consider their own safety when making decisions on whether or not to carry out the physical activity in unfavorable temperatures. That's the constant benefit of physical activities that take place indoors.

The list of physical activities includes whether or not there is a cost to performing the activity. The idea is to find and log as many free of charge/inexpensive activities as possible. An activity taking place without any equipment and on public property greatly influences whether or not there will be any cost. Structured activities run by organizations on private property with equipment costs will likely require some type of admission or participation fee. It comes down to the individual and what they choose to participate in. Obviously, one would hope money is not the deciding factor between choosing to either be active or not with physical activities found pleasurable.

Lastly, the link to a website is include and if one exists for that specific activity run through an organization. The creation of the physical activities website will provide needed information to carry out the activity, however, a link will be also included with additional information that has been established by the organization or business to promote their activity. This partnership between organizations and this physical activities guide should only reinforce the emphasis and opportunities to provide the Winona community with more options for physical activity. These critical features are included in Appendix C.

Appendix D contains the template that could be used for any organization/company interested in the event this physical activities guide. The guide could then possibly be implemented by a human resources department as a worksite health promotion program (a program that provides leadership to improve the health, safety, and well-being of employees) if a current one does not exist. Most companies should be aware of the benefits for their employees if the human resource department has implemented a worksite health promotion program. This physical activities guide and website would provide additional re-enforcement to those programs and be of no cost to participate in. Making employees aware of this would only aid in the efforts to improve physical activity in the city of Winona. Key questions that would be asked of human resource directors and employees would include: if there was an existing of a health promotion program, if they feel their current program is measurably effective enough to satisfy their objectives, and if the parties would be interested in learning

more about this project with the possibility of incorporating it into a worksite health promotion program.

### **Samples**

There are specific websites that will provide valuable information for the creation of this physical activities guide. Once the physical activities are identified as a sport or recreational activity that will be included in the inventory, a search of the key words will be performed to find out any information about that specific activity/event. For example, if the activity is golf, then “ Golfing locations in Winona, Minnesota” will be the keywords searched. Once golf courses in Winona are located, specific information about that individual course pertinent to that activity will be identified and placed in the inventory log. Some websites that will play a key role in providing details for the physical activities inventory will include, but not limited to:

1. <http://www.cityofwinona.com/city-services/parks-recreation/>
2. <https://visitwinona.com/things-to-do/outdoor-recreation/>
3. <http://www.saintmaryssports.com/index.aspx?path=rec>
4. <http://www.dnr.state.mn.us/recreation/index.html>
5. <http://www.winona.k12.mn.us/communityed>
6. <http://www.active.com>
7. <http://www.livewellwinona.org>

The dates on these referenced websites along with the information they provide will be checked to ensure reliability and validity. In the event these sites

provide outdated information, the most current details with a disclaimer will be noted on the events/activities portion of the physical activities log. Sport or recreational physical activities that are currently not available in Winona, like skydiving, will not be included for the keywords searched and identified as a possible opportunity for activity. It is anticipated that there will still be an adequate number of activities to engage in if there are some not offered in Winona at this present time. Hopefully an individual who uses the activities guide can notify the administrator and recommend the activity be included if possible for future use. The physical activities guide will include all sports such as basketball, football, golf, tennis, soccer, softball, and many more as well as recreational activities including canoeing, Frisbee golf, hiking, snowshoeing, and walking. Every legitimate physical activity will be included in the inventory guide. There are many available Internet websites for any individual to search for which provide desired physical activities not only in Winona but most other cities and areas with the resources and terrain for physical activity. The ultimate goal and reasons for this project is to funnel everything together in one large activities inventory database that will make it more efficient and accessible using a media-based approach to reach the target audience to carry out the activity of their choice.

### **Procedures/Protocol**

The template designed for this activities inventory calendar will be planned to include all pertinent information for the final inventory database. When evaluating

what information is necessary for the template, all avenues must be considered. It is important for the database to be specific and understandable for the intended parties. First, included on the top of each activities log will be the name of the sport and/or recreational activity. As noted earlier, this will be presented in alphabetical form so the individual can access the desired activity the fastest this way. After the activity has been selected, the name of the organization/or activity name follows. This will identify for the person searching for an activity, the who or what it is affiliated with. For example, if a person is looking for a place to golf, they would search for the activity golf and see that there are 3 possible locations identifiable by name in Winona. After the name of the organization, a person will be able to see what season the activity takes place in. Is it strictly a winter activity like skiing, or is it an activity that can take place year round like playing tennis. Winona is a beautiful location but all 4 seasons can be unpredictable; this can lead to the need for more options for activity if inclement weather occurs. Weather will be one of the biggest influences as to whether or not an outdoor activity can occur. The physical activities guide will identify whether or not the sport/recreation is an indoor or outdoor activity. Indoor activities that are available year round will be noted as such. For example, weight lifting is likely an indoor activity, while hiking is strictly outdoors. Of course there are modifications for some activities to crossover, but this gives some variety to those trying to do a little of both for their respective activity levels. When exercising, doing both indoor and outdoor activities is a good formula to prevent boredom and take

advantage of favorable weather conditions.

Another necessary feature for the activity database will provide the age appropriateness of the event. There are activities in Winona for children, teenagers, younger adults and older adults. This will be clarified, however everyone should have a chance at some point to participate in his or her favorite activity. As is, there are events that have separation between ages. You wouldn't want to make the mistake of noting that a 10-year-old boy could play volleyball with adult males. A person will also find that each activity will have a specific address where that activity takes place. This will give people the ability to map that location if they are unaware of where it takes place. A phone number and person to contact via e-mail will also be included for each activity. If a person has any questions, they will be encouraged to contact that organization and/or person to get those questions answered. If hours of operation are known, they will be included as well. However, those can fluctuate depending of various factors (time of year, weather, etc.).

Some members of the community may make their choice for a given activity based off the cost of it, if there is one. That will be included as well. Obviously, it would be great if all activities could be provided for free of charge, however, that is not realistic. A person or family's budget may dictate what activities they can participate in. This is unfortunate, but should not be an excuse to not actively participate in maintaining and improving health. A complete activities inventory will provide people of all economic means with the ability to choose options that fit their

situation, rather than being restricted because of financial reasons.

Finally, each activity will include a home website address that can lead the individual to gather more information about the specific activity and other important details, such as time, cost, age parameters, etc. Most activities likely have a home website as this has become the norm for garnering more information about the activity. This makes it quick and accessible for the asking party.

Along with the creation of the physical activities guide available to all members of the Winona community, a questionnaire will be designed with the intent to inquire of companies and organizations located in Winona to determine if using this project as an opportunity to promote the physical activities website for worksite health for their respective employees is something the human resource departments would be interested in. This would be instigated by conducting a semi-structured interview with the leader of the organizations human resource department. The template for what kind of initial questions (sending out a open-ended questionnaire would be a method if an interview is not required) would be asked to that department for inquiry to a program are included as Appendix D in this paper. The questions in this template will include, but are not limited to, inquiry to whether or not any worksite health promotion program currently exists, whether or not a program has been discussed, what level of interest employees may have in the development of a program, and could this physical activities guide/website be a resource for the company to promote more physical activity amongst its employees. Identified in this

paper as Appendix E, is a list of some companies in Winona where inquiry into this physical activities guide may be of some interest is included.

An equally important aspect of this project will be to identify ambassadors of the Winona community to help lead the charge in efforts for a more physically active community. The ambassadors will be individuals who, by their respective title and occupation, play a large role in the community and can be an asset for the promotion of this activities guide. The leaders identified for this project are included as Appendix F. After these leaders have been contacted, they will then be interviewed to gauge the level of interest in this project. The interviews would be semi-structured interviews as a developed list of questions would be asked to all parties, however, the freedom would be there for other important points of discussion that may arise.

Lastly included as Appendix G, is a template created for the activities guide where the community would have access to charting/logging any physical activity performed as a way to be or stay motivated through record keeping. Studies have shown that recording physical activities with information such as date, time, type of activity, like or dislike, can help an individual stay consistent and motivated to participate regularly in some form of physical activity. The template serves as a reference for one that can be altered to meet the specifications for that individual. This would be included in the content of a website with all physical activities listed along with information pertaining to helpful motivational tactics and theories and models of psychological behaviors.



## **Analysis**

The opportunity here is to put all activities together in one readily accessible physical activities guide that will be funneled into a website, encouraging the community of Winona to increase their levels of physical activity. Not only would the website promote the initiative to improve physical activity (which is most important), but it would serve as health promotion program for companies/organizations/businesses in the Winona community. The creation of a physical activities guide and integration of the stages of motivational readiness for change and other psychological theories and models motivational combined with the ideas and suggestions from Buettner's "Blue Zones Experiment" will hopefully start our own revolution in Winona and produce a community-wide health transformation. With this project, the goal is to target the environment and provide people with opportunities to improve health by empowering them, and giving them the tools to make better choices that benefit them and the Winona community as a whole.

The timeline for collecting this data, analyzing the data, and creating the physical activities guide will depend on the amount of content that can be found and determined to be useful for the activities guide. Then the appropriate information would be loaded into the created website, which would likely take a few weeks to organize. The tentative plan would be to have the activities guide and website available for use by the general public by the summer of 2017.



## Chapter Four: Analysis/Discussion

It was well known in the beginning of this project that putting together an inventory/guide of physical activities available in Winona, Minnesota would be a task that would take months to generate and organize. There would be a significant amount of time required to find all activities and compile them into one large accessible guide. Once all the significant activities were approved for the final inventory guide, the ending result was one hundred and ninety (190) physical activities that adults (over 18) and kids (under 18) could participate in to meet the recommendations of the President's Council on Fitness, Sports, and Nutrition and the Center for Disease Control and Prevention National guidelines (Appendix H). Also included were nineteen (19) citywide community parks and ten (10) school playgrounds that can provide free and accessible outlets for physical activity. The parks are controlled by the city while the school playgrounds are maintained by the school district.

Even though the effort was to include all physical activities in Winona, it is likely there were some physical activities and programs unaccounted for in the final inventory. The advantage of counting on leaders and ambassadors of the project will be their ability to modify and update the activities guide at any point as new or unaccounted for activities become known. An administrator in charge of the physical activities website will have the ability to apply these updates throughout the year. The website will also include information on motivational strategies and techniques

that individuals of the Winona community can practice to help provide continuous engagement in physical activities of their choice. The website will also provide charts and logs available to be downloaded and kept as records for all performed physical activity. The ultimate goal is to provide a shortcut for residents of Winona to find relevant physical activity that can provide people with the environment needed to make the necessary changes to get healthy again and help people live longer and happier lives. Hopefully this project can offer promise and provide new opportunities to connect with others who want to live in a healthier community. Creating Winona's own Blue Zone! Rather than setting the goal to high and unrealistic, this project starts with a small radius, and builds from there with the recruited ambassadors in place to "spread the word."

With this action research proposal, it is important to look at what the next steps should be in order for the project to come to fruition. With all the data collected and placed in the physical activities inventory, its time to address what needs to be done from this point forward.

### **Positions of Importance**

The most important discoveries from Buettner and his Blue Zones Solution was the need to find "health ambassadors" who would be on board with making their community healthier and happier through this transformation. Buettner approached city leaders in his proposed communities that could help spread the word about the need for healthier and happier communities and the initiative to live longer. This

creation of a physical activities guide fully embraced the importance of finding leaders who carry out a strong influence in the Winona community. Ones who could not only spread the word, but would help be the creators of this project and carry out their own healthy and wellness behaviors and share them with others. Buettner would gather these leaders throughout the community and start with very intimate numbers in attendance, but from there the message was the same, start small and do not try to change behaviors in the community but change the environment. Make physical activity and health a priority. When Buettner was traveling the world to determine how these other communities were thriving, he assembled a team of leading medical researchers, anthropologists, dietitians, demographers, and epidemiologists. The team put together working theories by listening to 90 and 100-years-olds in these Blue Zones to study their habits and practices. Buettner and his assistants concluded that the path to a long, healthy life comes from creating an environment around yourself, your family, and your community that nudges you into following the right behaviors subtly and relentlessly. This is what ambassadors and leaders in Winona can try to do for this community as well. I have identified my own “ambassadors” who from my opinion hold positions of importance in Winona. Their voices are heard, they are leaders, and they carry out a lifestyle that mimics what Buettner is searching for in his quest for community health and longevity. The following are the individuals I have identified for my own Blue Zones Project here in Winona.

My first ambassador I would contact about my project would be the City of Winona Park and Recreation Director. I am fortunate to know this individual through employment with the city and I believe this is the first person that could have strong feelings about the project. This individual already has the responsibility of directing physical activities across the community. I believe this person is doing a wonderful job and has been a staple of the recreation department for many years. Describing this project to that individual would be a good first step. I also feel this person could help with suggesting other leaders in the community who they believe would be of value to the project. Next I would contact the city manager. I am also fortunate enough to know this person. Even though this person is extremely busy with other projects some may see as of much greater importance to the community, I believe having this person, as an ambassador would help generate high levels of interest and have a strong influence over the entire Winona community. I think I could rely on this person to help market the project and provide guidance over proposed “health talks” among other community leaders. There is no doubt the city manager has one of the largest voices in the community. Both of these sources have the highest degree of influence over citywide decisions in their respective departments. These would be my two strongest allies.

Live Well Winona is a private organization in Winona that addresses all eight dimensions of wellness (social, physical, occupational, environmental, emotional, financial, spiritual, and intellectual well-being) in the community. They provide a

calendar full of opportunities in the community that inform people of healthy events happening around the area. They are not just limited to physical activities but try to cover all aspects pertaining to healthier lifestyles and behaviors. I believe this would be another good resource to contact as an effort to join forces to promote this physical activities guide and website. I have had brief conversations with their staff in the past and I believe we are all striving for the same thing, even if the focus of this project just covers one aspect of their complete dimensions of wellness. They do a great job of promoting activities through their own website. I would hope this project would give them more content to promote as well and help spread the word. Its smaller organizations like Live Well Winona that have been proactive about healthy lifestyles in the community and including them in a joint partnership for marketing and advertising would only enhance this projects initiatives.

I think another promising method for delivering the community physical activity program would be to contact the newspaper, either a journalist or reporter, and set up an interview or even establish a section in the paper every Sunday perhaps to inform the community of the project, describe its intended purpose and reasons, and invite them to attend health workshops put on by myself and the other prominent health ambassadors. Buettner used this method to deliver his message to small communities that adopted the Blue Zones Project for their people and ended up having much success when groups of people got together to discuss health in their community, and this led to bigger and bigger crowds attending the meetings. I believe

this type of action to kick-start the program could also prove to be a success in Winona. Using the media to help advertise the message would be of great benefit.

I would also contact the Superintendent of schools in Winona. There is no doubt schools in this area promote physical activity in its students through physical education classes, organized recess time, and team sports throughout the entire school year and they even have summer programs as well to keep kids engaged in months with no school. This project would reinforce what the 861 School District already has in place, however, it may provide additional opportunities for students and families who could use more outlets for their children to stay moving and motivated. It is obviously a large number of families with kids this project is targeting, and I believe that is a good thing. Perhaps a focus of this project with the school could emphasize physical activity opportunities with little or no cost for families with limited income but the need to get their children involved in more structured or guided activities. After preparing the inventory of physical activities for children, this is one area that would especially benefit from a greater amount of attention being so many families have obstacles, whether it is work or environment, which may prevent their children from engaging in consistent physical activity. The numbers show the limited amount of movement in children is becoming a big problem in our country. This could be highly promoted not only in grade and middle schools, but high schools as well. Participation in organized high school sports is more limited than years ago. A joint



promotion program between the school leaders and the community can help get these numbers back to previous levels.

One of the final initial ambassadors I would seek out to get the program started would include leaders of the Winona Chamber of Commerce. The reason for this is to target the work force in the Winona community. By definition, the Chamber of Commerce is a form of business network. This network is comprised of local business owners in the city including a board of directors and executive council, which hire a President or CEO. Taking this project to the Chamber of Commerce would help the many businesses and companies in the city of Winona who wish to get involved or start a worksite health promotion program. The idea is to make the Chamber of Commerce part of the health workshops that are available to all the other members of the community and hopefully that would provide opportunities and motivation for the program to be extended to these businesses. A section of the planned website would include using the physical activities guide for businesses along with applying the stage models for physical activity interventions. If nothing else, it could create awareness as to the importance of physical activity outside of the work place, especially if the job is somewhat sedentary or requires minimal activity.

There are many more possibilities for reaching out to health ambassadors in the community. It does not need to be restricted to visible leaders in the community. The project also calls for people who are passionate about health and wellness and focused on making the Winona community healthier and happier. Anyone in the

community will have an opportunity with the physical activities website to use the current calendar of events section to add any previously unadvertised activities that are open to all willing participants. This will ensure the project is not of one or just a few individuals but the whole Winona community. The website will be open to all ideas and providing recognition for this will be good motivation for the community to work together.

### **Making the website a reality**

It was concluded that of all the options for delivering the inventory of the physical activities guide, creating a website via the Internet would be the best way to reach the targeted audience in Winona. Presently, almost every person in the community has access to the web either via computer or smartphone. Even though I believe technology and physical activity usually do not go hand-in-hand, in this case it can be embraced and used to its advantage. You could argue that technology and the fact that it is consumed in too much abundance, according to some, would have a negative effect on creating a project to improve physical activity. However, I believe a website would provide access to almost everyone in the community in a useful fashion. The downside to creating a website is the fact that I have little to no expertise in developing one. But as a frequent user of the Internet, I had envisioned what I wanted a website promoting physical activity to look like and the content it would include.

In order to make the website as my media-based approach for the physical activities guide, I researched and worked with a family relative on the development of a website. I was overwhelmed with the difficulty it took putting one together. To make it look professional and to ensure all content was to be included, I needed to call on someone with more experience than what I had. I searched for software to create the website design that would be easy to maintain and provide all the content I had gathered. Website builder sites I found included Wix, Squarespace, and Wordpress: each are considered very good and take you through step-by-step in the website creation process. These sites range from free to a monthly fee of \$40 per month. The amount of content and sophistication of design is up to the individual building the site. I was a little worried that my lack of experience in building a website would limit the professionalism and authenticity I was looking for. After researching the build-it-yourself website options, I decided to look into what it would cost to have a company build the website. I inquired to companies located here in Winona. That's when I was directed to a company called Mydestiny.com. This company specializes in designing websites for individuals and businesses. The finished product of what they can design looked very professional with good feedback from its customers. The pricing can be somewhat expensive for a starter, depending on what the person is looking for. That's where getting advertising on your website can help cover these costs. The first step was to contact them to set up a free consultation. This is where I was able to ask questions based on what I wanted the physical activities website to

include. I was told there was a onetime fee of \$395 for a starter package. This package included a professional high quality website with up to 6 pages of content, Google maps Integration, customization of logos and fonts, site maintenance for 3 months, and much more. The advanced business package was for \$795 and included up to 12 pages, Google maps, content customization, site maintenance for 6 months, and a Facebook business page set up. The website set up was quoted to take 7-10 working days to complete based on the amount of content. After this time, the website is transferred to the specific domain and hosting account, which completed the service. After the site is complete, you can request up to 3 revisions if they fall within the requirements agreed at the beginning of the project. This also includes 30 days of support.

With the physical activities inventory complete, I was told the process would not take long at all to enter into a website. The biggest challenge would be adding a continuous calendar of updated events. This would require an administrator of the website with the clearance code and it would likely not be a code you would want to distribute to too many administrators. This would require more planning and have only a select few in charge of entering this data onto the website. It would have to be decided if this website was going to allow advertising from different businesses and organizations. This would help the final funding and maintenance of the project, but may make it more frustrating to maneuver for the novice web user looking to get short cuts for information regarding a particular physical activity.

### **Who would have access to the website?**

This is where this proposed project could become very challenging. After the website and content are firmly in place, who and how many people would be in control of making any changes and keeping it updated? Taking the advice of the web designer, we would want only a select few in charge of making these adjustments. My initial thought would be to only put myself and one ambassador, likely someone else who is not only knowledgeable about making website changes but who is passionate about the project. Would it be someone from the Winona Park and Recreation Department? Or would I have to find someone who may have more time on their hands? Would I have to pay this person out of pocket or could I depend on some type of funding program to help cover the costs? Would it be possible to find a volunteer and could I rely on them to do the updates in a timely manner? All of these questions would need to be answered before the project got off the ground. Someone would have to be responsible for continuously scavenging the Winona community for physical activities. I see this as the biggest obstacle of the project. Can this be something that is maintained consistently or will it become too much of a burden? Once the website was up and working, getting input and suggestions from community members using the site for their physical activities and motivational suggestions will be a vital part of the success or failure of the project.

### **The plan for site maintenance**

The physical activities guide and website content is something that will change on a monthly and even weekly basis. As the weather changes and new members of the community become familiar with the project, I would hope others would put some creative thought into activities that may not be present, at that given time, on the website. This is where the excitement of the project will be fulfilled. Providing an outlet for the community to stay engaged with the project is where I will find my proudest moments of the physical activities guide. This is where all the work put into this will have been worth it.

I think it will be important, like the chosen administrator who has access to the website, to have someone passionate about the cause keeping up with the maintenance of the website. The goal is to provide everyone in the community with the opportunity to use the website for gathering information on physical activities in the community. Relying on one person to keep up with the maintenance schedule in the long run may not be feasible. That message will have to be communicated among all the ambassadors. Perhaps designating willing ambassadors to split the months up so it is not so much of a daunting task would solve this issue. But as the saying goes, where there is a will, there is a way!

## Chapter Five: Conclusion

When contemplating what type of research I wanted to do for my final capstone project, the only thing I was absolutely sure of was that I wanted to do a project that would not only impact me on my masters journey but impact the community I have lived in my whole lifetime. Winona, Minnesota is a special place to me and always will be. From my experience here, I believe many others feel the same way. Hence, doing something that makes our community better is something we all can strive for in our own special way. Whether I ever leave the community or not will probably come down to the job possibilities and of course, family. But one thing, regardless, I would like to do is make a positive impact that benefits all members of the Winona community. My purpose is not to ensure all people of the community know who I am or will look at me in some special way. I do not want to be known as the “self proclaimed health expert” standing on top of sugar loaf bluff beating my chest saying, “do it my way”! I just want to get people in the community I care about to think about being healthier so the quality of their life improves. What benefits me hopefully benefits others more. That has always been the belief I live by. Two words that defined what I hoped to accomplish with this project are opportunity and awareness. I wanted to provide people with more opportunities to engage in recreation and sport activities to improve their physical fitness levels, maybe participating in activities they never knew about or never thought they would do. And I want to make the community aware of not only the benefits consistent

participation in physical activity can have on their health but also to be aware of what might help motivate them to do it without letting common barriers impede their ability to do so. Throughout the development of this project, those are two points I always kept close to the end goal of this project.

In this project I have investigated the most effective way to scavenge relevant physical activities in Winona and funnel them into one large convenient pre-organized source of activities. I have searched all known areas of the community to ensure all sport and recreational activities would make up the physical activities guide of the most current events in Winona, available for all to participate in at their choosing. I have determined that the best media channel for presenting this physical activities guide would be through the development and implementation of a website with any member of the community having access to it and providing the opportunity for more engagement in physical activity.

Not only was the primary goal to provide these activities through an all-access website, but to include the content of an ongoing calendar in which administrators, ambassadors, and members of the community could have the opportunity to include current content that would give people in the community suggestions for any physical activities for that given day, week, month, and so on. This then would become a project that included the whole community, not just one individual, working as a team to improve health and wellness through physical activity participation.



This project also brought to my attention a concept that has been quite successful in providing cities across the world with a blueprint for enhancing physical activity and other healthy behaviors that was instrumental in the development of this project. Author Dan Buettner has traveled the world for over two decades to discover where people have lived the longest and what has been the secret to their success of health and longevity. Buettner has observed how lifestyle and environment have come into play. This research has led to books written by Buettner in which he guided cities and businesses in the US in making healthy changes. His principles have created the Blue Zones Project, encouraging cities to draw up comprehensive plans based off nine lessons he has established as the key to living longer and improving the well-being of citizens across these cities. One of his most important lessons is staying active through physical activity. His suggestions for activity are not overwhelming. In fact, it is quite simplistic. Start at an acceptable level and slowly build from there doing activities that you enjoy. Sounds easy enough, but more than anything, it gives communities the confidence to start small and empower the community and change the surroundings rather than focusing on behavior. The idea behind this Winona project got its fuel from Buettner's Blue Zones Project with the intent to start our own community-wide health transformation.

One area of my belief that differs slightly from Buettner and his Blue Zones solution was discussed as part of the literature in this research paper. I believe behavior and motivation for physical activity cannot be ignored and must be part of

the solution for having a successful physical activities program. The stages of motivational readiness for change has been widely discussed and implemented in individual and community-wide programs with enough success to deem it worthy of at least being explored in this initiative to create awareness for participating in more physical activities. The stages model for successful physical activity interventions has provided examples of being used in programs with positive results; this was included in the literature review. The other psychological theories and models that were presented could be valuable to a community program if implemented by an audience targeted to change.

#### **What did I learn about coordinating community activities?**

For my research project, much time was dedicated towards finding data that would be useful for the physical activities guide. This data would then be entered into the physical activities inventory guide. Going in, I knew it would be a project that would take much time and effort towards finding the correct information that could best be pieced together into useful data for the planned physical activities guide and website. The goal was to increase physical activities awareness and create Winona's own "Blue Zones Solution" in an effort to get the community healthier and happier, taking similar habits and practices from the healthiest places on earth into account. The process of scavenging for physical activities ended up taking much longer than I had planned. I concluded that there are a wide variety of physical activity opportunities in Winona for the population to choose from and engage in. That is a

great thing. Now it is time to funnel all of these activities together and create a short cut for finding necessary information and using it to increase movement. There are many organizations in Winona who put forth a commendable effort in promoting and advertising physical activities for people of all genders, ages, and abilities in this community. What Winona could use is a specific method of media delivery that can take all of these activities and place them into one useful source. This source could become the go to site for community members to discover and share with each other what possibilities are existent in Winona. The fact that despite being a life-long Winona native there were so many activities in locations I was unfamiliar with confirmed the need for this type of project. I feel privileged to have been able to organize all these activities and share them with the rest of the Winona community. My hope is this can be just the start of making more physical activity one of the ways Winona can be our own “Blue Zone” and be an example to other communities across the country. I’m very excited for the potential this project has. I believe we can get the right ambassadors in place to join the revolution and get Winona healthier. What we can do as a community is continue to work together to support and encourage more activity in Winona. We can nudge people into making lifestyle changes by changing the environment and making it more activity friendly, starting small and working your way up from there. As much as I don’t want the community members to be too reliant on technology to enhance physical activity, I believe we can use it to our advantage. But we must be smart about it.

**What did I learn about research?**

Of the many research design frames commonly used for research projects, I knew I wanted to choose a frame that would allow me to work towards finding a solution or solutions for the question I was asking. After getting more acquainted with these various research frames, I concluded action research was the closest design frame that would aid me in an attempt to answer my research question about getting Winona healthier through a plan of creating a physical activities guide using a website as the main channel for delivering the message. Action research is defined as a disciplined process of inquiry conducted by and for those taking the action. The primary reason for engaging in action research is to assist the “actor” in improving and/ or refining their actions. I believe this explains what I wanted to accomplish. My purpose was to become actively engaged in the solution to improve and motivate the community by creating an accessible physical activities guide. Action research is known to have a positive effect for many reasons. It is always relevant to the participants. I felt many people would benefit from having one source where they could go to discover more opportunities to engage in more physical activity. Relevance is usually assured in this frame of research because the researchers themselves determine the focus of the project. I am very confident the completion of this project can have a positive impact on the Winona community and I also feel I will benefit from it. I will be able to use the physical activities guide and to decisions that will provide me with the opportunity to improve my level of fitness and health.

Action research helps educators be more effective at what they care about most- teaching and developing those who the research is intended to target. Seeing growth from this frame of research is probably the greatest joy educators can experience. I am hoping to produce enough evidence through my research that a real difference can be made in the community. All the hours I put towards this project will then be well worth it.

### **What did I learn about collecting data?**

Collecting data for this project turned out to consume many more hours than I initially anticipated. I was aided by the fact that I was not under too strict of time constraints for my research. I learned that this project would take much time, and to be honest, I could consume many more hours collecting data, as this is a project where the amount of data could be viewed as unlimited, or ever changing based on many factors. There are many physical activities in the area that can be included in the inventory I established over the course of almost a full calendar year. The extended time frame for completion of the project allowed me to be very accurate and precise with the data that would make up the activities guide. I was able to include many more activities than I initially envisioned for the final guide. That was obviously one benefit of taking longer than first anticipated to complete the project. The extended time to complete the data collection also allowed me to use multiple sources. I was able to find current activities and sites that provided accurate information for my project, many of which can be part of the planned website that

will enhance the experience of those who utilize. Having more data than what I originally planned should also be useful for the inclusion of the current activities calendar as well. Making the activities guide website worth visiting for members of Winona to use for their physical activity needs.

Data collection was very important to the entire research project. I must say even though it was exhausting at times, I went to great extents to make sure what I was including in the final data collection was current and accurate. I found it interesting and gratifying to find activities here in Winona that I really didn't even know about. It assured me that there are plenty of opportunities for people to choose from activities they either enjoy or want to try for the first time. Having a variety can make physical activity interesting and motivating without having to worry about boredom and performing the same likely routine over and over again. That would be one primary piece of advice to the citizens of Winona. Try as many different activities as you can and then determine which ones inspire you to continue on a consistent basis. My advice to anyone else who will be collecting data would be to be patient, give yourself enough time to explore all avenues and be excited about where the unknown can take you.

I initially found that collecting the data for the planned activities calendar was challenging until I became more familiar with the process because I really wanted to make sure I had reliable sources that would be most useful for the project. The feelings of trepidation may have been due to the difficulty in putting together chapter

two, the literature review for the fact that I was having trouble finding successful community programs intended for improving physical activity. I did find plenty of sources that provided failed community interventions and the reasons for it. A majority of articles provided good information as to why these programs were unsuccessful, but failed to capitalize on modifications that may have assisted in assuring successful ones. That's where successful projects like Buettner's Blue Zones and others became so valuable to my argument for a more rational program that is needed in the Winona community. After completing the collection of data, I believe I had a very acceptable number of physical activity opportunities for the community to participate in. Now it is important to follow up with what is needed to take the next step to ensure this project serves the entire community.

### **What did I learn about writing a capstone?**

Writing a capstone turned out to be much more than I ever imagined. I put in more time, thought, energy, and worry than I have for any other school related project in all my years of being in school. Going in, I knew this would be an intense challenge that I was not sure I was really prepared for. But I also knew if I was able to push through, with much help and support from others, it would be a very gratifying accomplishment that I'll be able to reflect on forever. I never really thought I would ever go back to school to try to get a master's degree. What gave me the drive to go for this was my desire to better myself and grow as a person. There is no supplement for knowledge and I was ready to try to get more of it. I feel like I accomplished that

goal. I'm very happy with my decision and I feel very confident this will lead to more possibilities to further my career and enhance my passion to try to give to others. The capstone was the "icing on the cake" as far as my college career goes. I believe this was it for me. I'm perfectly content with what I have accomplished to this point. The capstone was a good conclusion to my time at Winona State University.

When it came time to decide what direction I wanted to go with the capstone, the one thing I knew going in was the fact that I wanted to make a difference in the community I have lived in my whole life. I wanted to try to have a positive effect on people through my interest to stay active through physical movement in an effort to maintain a high quality of life. It is something I am passionate about, but by no means an expert. But I do feel I could use my energy for fitness and health and in turn find a way for someone to benefit from it. Thus, this research project was born. Now that the requirements for the project are almost complete, I can look back knowing it was a very challenging finish to my master's program at WSU. I feel like I did my greatest work on the capstone with the literature review. It was important to discover who other projects could be incorporated into my ideas for what may be successful for my project right here in Winona. It was important to find other projects similar to what I was hoping to accomplish and learn from them. Getting a community to "buy in" to something like this will not be easy, because physical activity itself, is not easy. It requires dedication, consistency, and hard work. There are no shortcuts to getting oneself healthy and in shape. After all, we only have one body and one mind. It is



essentially up to ourselves as individuals to make the ultimate choice of whether or not we want to perform activities that will positively affect the lives we live. I hope this final product will inspire people to at least consider using this project to aid in their efforts to stay healthy or get healthy, not for anyone else's benefit more so than their own. I do not believe this capstone is anything more than a well-considered idea how we can all work together as a team to find solutions towards making Winona a much healthier city. It is not a finished product, as I want to see this grow and expand with help from the identified citywide health ambassadors and more ideas from myself. I want this to be only the beginning. Taking the next steps will be challenging, but can be done.

#### **What would be done differently?**

If I were to do this research project again, I believe there are some parts I would change to increase the chances of long term success for the physical activities guide. I would ensure the community would have more of an opportunity to use the guide and proposed website as additional reinforcement to the already established channels of advertising. My first change would be to develop deeper relationships with the targeted health ambassadors who would be an integral part of the project. One of the major reasons for the continued success of Buettner's Blue Zones Project was the emphasis towards finding prominent community leaders to advocate and attend health workshops that kick-started interest within their communities. I would like to use that same tactic here in Winona. Getting more support from these health

ambassadors and leaders in prominent city roles would not only enhance the number of community members we are able to provide this project for, but give them the ability to add their own creative ideas to what could make this project more of a team effort rather than just one, or a few select individuals. Approaching this project with a “team” mentality rather than one individual is a large objective towards my own reasons for wanting to involve the entire community. The health workshops Buettner used to spread his message of healthier living through realistic ambassador ideas and plans is the next step I would like to take with this physical activities project. When you have more people working together who can communicate efficiently and share similar ideas, one can safely predict a successful outcome as long as the end goal is clearly visible.

Another important step towards accomplishing this project would be to engage in a much more aggressive marketing campaign. I like the idea of an interactive website where updates are regular and information is constant, providing a reliable, easy-to-navigate site that can be used. However, in order for this to be accomplished, a more proactive campaign to inform the community would be vital to the success of the project. Along with the website, there are other channels of media that can be tapped within the Winona community. Although printed materials are becoming less relied upon for marketing strategies, I would like to see this incorporated into the project at some point. Visit Winona provides an annual visitor’s guide for residents and visitors of Winona that not only can direct them to the

visitwinona.com website, but uses the guide to distribute information such as annual events, things to do, group tours and meetings, shopping, outdoor and recreation, plus much more for people to do. I would like to see either the inclusion or a separate guide looking similar to this that could be distributed around town. This would provide reinforcement along with the website which could not only provide annual physical activities, but provide information on the benefits of regular physical activity and motivational support. This may be a more useful source to those without Internet access. At any rate, getting in touch with a marketing specialist may be a beneficial step for the promotion of this projects objectives.

The research design and protocol for collecting the data turned out to be a process I was content with. The only thing I think I would change if I were to do the project again would be more of a strict timeline to complete the data collection method. The whole project did take many months to complete, and even though I was lucky enough to not have any mandatory deadlines, I wish I had followed through with self-imposed deadlines. But in the same respect, not having a deadline allowed for a more thorough data collection and literature review. Whether this extra time made the research project better or not is debatable.

### **Ideas for future research?**

The idea to do an action research project with the hope of positively influencing the community to engage in more physical activity was something I was very eager to do for my capstone to fulfill my masters degree from Winona State.

Even knowing this project has come to an end with a resolution that I did a job I can be content with, I feel I only scratched the surface of the possibilities this research could accomplish with promotion from eager ambassadors, an intense marketing plan to target the entire Winona community, and the backing of the project with adequate resources to make the long term objectives a success. This is not even close to what I would classify as a “finished product.” As much time as it feels like I put into this research, I believe I could do a much better job of providing an argument for the need for more physical activity in my Winona community. I can say that Winona has an abundance of tapped and untapped physical activity that could be presented by city representatives in a more important manner. That is a goal I would hope this project could accomplish in the hands of people who feel as much passion as I do about making the community healthier, and better. It is a win-win situation for all parties involved. Individual members of the community would benefit, and the community as a whole would therefore benefit. And I would sincerely hope my final message would not be construed as Winona being an unfit community with nothing but people who are out of shape and unmotivated to participate in physical activities throughout the city. For the most part, I believe many people actively participate in a healthy lifestyle full of the many opportunities Winona has to offer with its bluffs, surrounding lakes and river, and terrain that promotes a suitable amount of movement to improve healthy lifestyles. I hope this project can find that untapped potential in people and use it as motivation for increasing physical activity

participation. This tentative plan is in place and ready to grow. Hopefully that can happen in the near future with this created physical activities guide.

While doing the research, specifically the data collection for physical activities in the Winona area, a few thoughts came to me that could take this physical activities project to the next level and provide more opportunity and awareness for the community. I would really like to see this program be incorporated by companies in Winona to be used as a worksite health promotion program. This would require getting in touch with the companies human resource departments to schedule meetings to inform them of the project and how it can be used if no health promotion program is in place for members. I believe this could be very beneficial for companies to at least explore. During my research project, I was able to conclude that many companies in Winona do not have an adequate worksite health promotion program. Additional research is needed to determine why this is lacking in so many organizations in Winona. Once a project determines that there are insufficient worksite programs, one could take the next steps of inquiry as to whether or not a community worksite health promotion program could work. I believe it could and I believe this physical activities guide would be a step in the right direction. Combining the intent to distribute this to the entire community with the possible designation to companies in Winona would make the chances of success for this project very high. If anything, researching worksite programs in Winona could help determine what

employees want or need to get programs started. From here, specifically catered programs could be developed.

Another idea would be to take advantage of the media-based approach to reach the intended targets. With the development of a readily accessible website that distributes the physical activity opportunities and motivational suggestions, what if one were to continue using technology as an outlet to aid in these opportunities? That possibility could lead to the development of a smartphone application that gives people situated in a certain location the ability to log on to the application, which in turn will provide them with a list of potential physical activities in that area. I think incorporating something like this would be providing additional opportunities for people in the community to engage in physical activity in real time. This would minimize the time it takes at home or at work to investigate what physical activities are available. Even though we do not want technology to overshadow the objectives of the program, it is wiser to embrace what it can possibly do for the overall long-term success of this project. That can easily be researched as well if it were to be included in anytime of questionnaire or interview in which the administrator would confer with the community, or human resource employee if it were a worksite health promotion project. Financially, it would be ideal to find a way to use many resources who can help identify and determine the success or failure, and from there make the adjustments if necessary, to the physical activities guide and website.

Finally, research would be needed to be performed in some way years from now if the program was set in motion to determine if it was effective or not. Obviously, developing a plan to evaluate the effectiveness would need to be done. Setting up the best way to measure the effectiveness of the program would help future research programs establish a protocol that could be tailored and implemented by other communities who are interested in creating more opportunities and providing awareness to the benefits of a physical activities guide. The good thing about other successful programs, like Buettner's Blue Zones, is that they can be studied and adapted to what the community needs and are not overwhelming when it comes to getting other members of a community onboard with the reasons for this implementation. It would be fascinating to see years from now, effective or not.

### **Strengths and weaknesses of physical activity in Winona**

I came into this project having a pretty good idea of what Winona provided for physical activity opportunities being I am a lifelong resident of Winona. I wanted to funnel all the abundant physical activities together into one, easily accessible physical activities guide with the hopes it would provide all members of my community with the opportunities to engage in more movement that is so vital for living a high quality of life. All communities benefit when a city puts a priority on their members staying physical active and adding to the eight dimensions of wellness (social, physical, occupational, environmental, emotional, financial, spiritual, and intellectual well-being). With my research I concluded Winona does a very strong job

of promoting its resources for physical activity. There are numerous organizations that identify physical activities in the community. They advertise these physical activities through their own websites and other media-based approaches. I was very happy to find so many physical activities, many I didn't even know about before performing my data collection, are available throughout the Winona Community. There are an abundance of opportunities that I feel many people take advantage of. But the fact that there were so many that I wasn't even aware of confirmed my belief that funneling all physical activities into one accessible guide is an idea that would benefit those like myself in Winona. We are willing and able to perform a variety physical activities throughout Winona, however, we would all benefit from having one complete source to find them. That is why I am so passionate about this project and where it could possibly go. I believe it is a good idea, and taking parts of Buettner's Blue Zones and ideas from identifiable community leaders and making it into our own Blue Zones is something Winona could use.

If there is an identifiable weakness it would only be the fact that these physical activities/programs for it are so scattered throughout the community that is can lead to frustration, hence, the need for an easy-to-access community physical activities guide that entails all activities and all programs for all members of Winona. I was impressed with the initiative some organizations are taking in order to promote physical activities in the community. A person would be able to find an activity of their choice, however, getting to the appropriate site for information did take some



time on my end. I was never able to find one website that entailed everything available. That confirmed the need for an activities guide available on a separate website that will include all necessary information and provide the community with the opportunity to absorb what is available for physical activities in Winona.

I also feel with the abundant opportunities for physical activity in Winona, the city does have citizens that may suffer from a lack of motivation to engage in more physical activity. There is no data to back up this claim; it is just from many years of personal observation and work in the field of fitness as a personal trainer in Winona. Winona is a great community full of good, hard working people. But I believe the community would benefit from not only a complete list of physical activity opportunities, but also some helpful information about motivation and how it can be implemented into performing consistent physical activity. It's only natural to have other priorities in life that may consume the time one dedicates to physical activity. It is not easy when performing an activity that elevates the heart rate from its resting state. It takes discipline, dedication, and patience to adhere to a consistent physically activity lifestyle. It is understandable when one realizes how fast life moves sometimes. We all have to deal with external factors that may occur without notice or without time to prepare for it. The hope is this initiative to improve community health and wellness through a physical activities guide along with motivational strategies can slowly start to change the well-being of the community with much insight pulled from Dan Buettner and his successful Blue Zones Project that has

studied the most healthy cities in the world and created a blueprint for how we can make other cities in America, blue zone cities. I hope to be part of the initiative to do the same right here in my hometown of Winona, Minnesota.

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## Appendix A

### Processes of Change Table

#### Cognitive strategies

Increasing Knowledge	Encourage your client to read and think about physical activity
Being aware of risks	Provide your client with the message that being inactive is very unhealthy
Caring about consequences to others	Encourage your client to recognize how inactivity affects family, friends, and coworkers
Comprehending benefits	Help your client to understand the personal benefits of being physically active
Increasing healthy opportunities	Help your client increase awareness of opportunities to be physically active

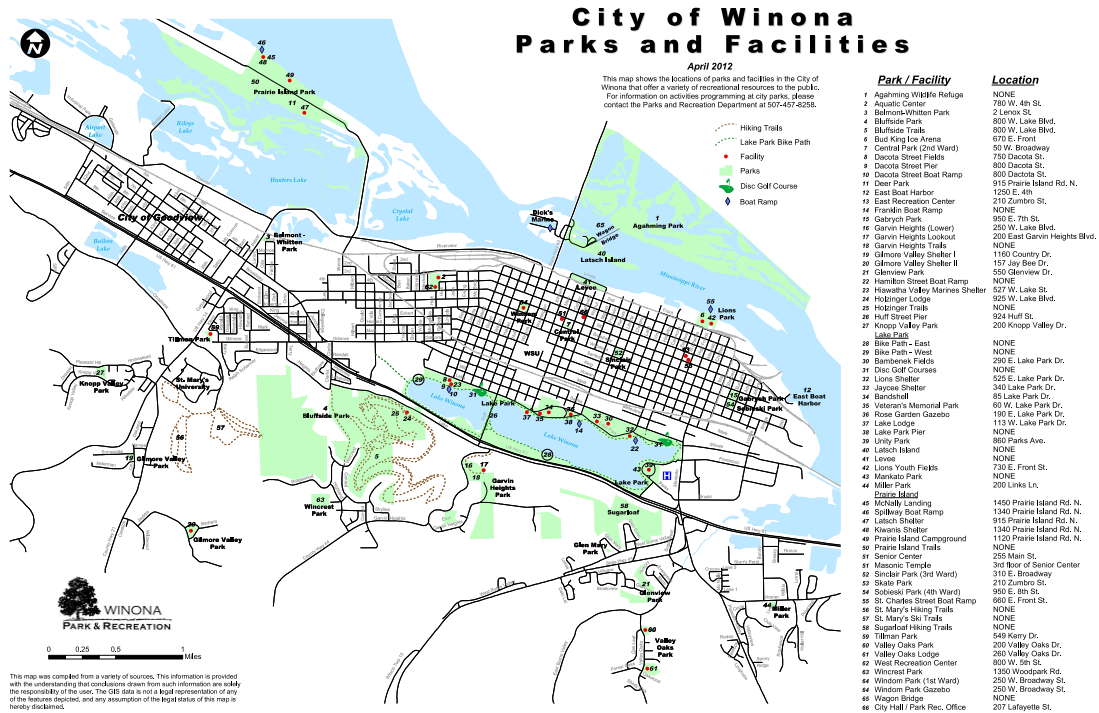
#### Behavioral strategies

Substituting alternatives	Encourage your client to participate in physical activity even when tired, stressed, or unlikely to want to be physically active
Enlisting social support	Encourage your client to find a family member, friend, or coworker who is willing and able to provide support for being active
Rewarding yourself	Encourage your client to praise him/herself and reward for being physically active
Committing yourself	Encourage your client to make promises, plans, and commitments to be active
Reminding yourself	Teach your client how to set up reminders to be active, such as keeping comfortable shoes in the car and at the office, ready to be used at any time

Table courtesy of Marcus and Forsyth, 2007, *Motivating People to Be Physically Active* (Human Kinetics: Champaign, IL), 33.

# Appendix B

## Winona Physical Activities Map



**Appendix C****Activities Inventory Template**

Each Activity/Sport

Name:

Season:

Indoor/Outdoor:

Age:

Address:

Website:

Phone:

Cost:

Hours:

## Appendix D

### Template: Organization/Company Interest/Information

Organizational Name:

Location:

Phone Number:

Email:

Website:

Time of Operation:

Number of Employees:

Health Promotion Program: Y/N

Briefly Detail/Explain if yes:

Measurable Effectiveness?

Interest in Additional Physically Active Opportunities for Employees?

Low/Moderate/High/Extreme

Interest in being Physical Activities Ambassador:

Low/Moderate/High/Extreme

**Appendix E****Target Organizations: Winona, MN****Peerless Chain****Address:** 1416 E 8th St, Winona, MN 55987**Phone:**(800) 873-1916**Miller Ingenuity****Address:** 1155 E 8th St, Winona, MN 55987**Phone:**(507) 452-2461**Wincraft****Address:** 1149 E Mark St, Winona, MN 55987**Phone:**(507) 454-5510**Severson Oil Company****Address:** 508 Louisa St, Winona, MN 55987**Phone:**(507) 452-4743**Hal Leonard Corporation****Address:** 1210 Innovation Dr**Phone:** (507) 452-1956**Winona ORC Industries Inc****Address:** 1053 E Mark St, Winona, MN 55987**Phone:**(507) 452-1855**RTP Co****Address:** 580 E Front St, Winona, MN 55987**Phone:**(507) 454-6900**Winona Health****Address:** 855 Mankato Ave, Winona, MN 55987**Phone:**(507) 454-3650**Menards****Address:** 1075 Frontenac Dr, Winona, MN 55987**Phone:**(507) 454-4146**Mills Fleet Farm****Address:** 920 US-61, Winona, MN 55987**Phone:**(507) 454-5124

**Walmart Supercenter****Address:** 955 Frontenac Dr, Winona, MN 55987**Phone:**(507) 452-0102**Target****Address:** 860 Mankato Ave, Winona, MN 55987**Phone:**(507) 452-7006**Minnesota State College – Southeast Technical****Address:** 1250 Homer Rd, Winona, MN 55987**Phone:** (507) 453-2700**Winona State University****Address:** 175 W Mark St, Winona, MN 55987**Phone:** (507) 457-5000**City of Winona****Address:** 207 Lafayette St., Winona, MN 55987**Phone:** (507) 457-8234**Winona County Department of Human Services****Address:** 202 W 3rd St, Winona, MN 55987**Phone:**(507) 457-6200**Cytec Engineered Materials****Address:** 501 W 3rd St, Winona, MN 55987**Phone:**(507) 454-3611**Watkins****Address:** 150 Liberty St, Winona, MN 55987**Phone:**(507) 457-3300**Hossfeld Manufacturing Company****Address:** 460 W 3rd St, Winona, MN 55987**Phone:**(507) 452-2182**Behrens Manufacturing****Address:** 1250 E 8th St, Winona, MN 55987**Phone:**(507) 454-4664**Watlow Electric Manufacturing Co****Address:** 1241 Bundy Blvd, Winona, MN 55987**Phone:**(507) 454-5300

**Thern, Inc.****Address:** 5712 Industrial Park Rd, Winona, MN 55987**Phone:**(507) 454-2996**Fastenal****Address:** 2001 Theurer Blvd, Winona, MN 55987**Phone:**(507) 454-5374**Alliant Castings****Address:** 1200 W 3rd St, Winona, MN 55987**Phone:**(507) 452-2932**St. Marys University****Address:** 700 Terrace Hts, Ste 1515, Winona, MN**Phone:** (507) 457-1436**Bay State Milling Company****Address:** 55 Franklin St, Winona, MN 55987**Phone:**(507) 452-1770

## Major Employers of Winona

## Employer

Fastenal Company, Winona State University, Winona Health , Winona Area Public Schools, TRW Automotive Electronics, Wincraft , RTP Company, St. Mary's University of MN, Peerless Chain Company, Winona County, Watlow Controls , Hal Leonard, Ferrara Candy Company, Merchants Bank , HyVee , Cytac Engineered Materials, Watkins



## Appendix F

### Identified Ambassadors/Leaders to be contacted

Name: Steve Sarvi  
Position/Occupation: City Manager  
Contact: [ssarvi@ci.winona.mn.us](mailto:ssarvi@ci.winona.mn.us)

Name: Maynard Johnson  
Position: Recreation Director  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Name: Patrick Menton  
Position: Assistant Recreation Director  
Contact: [pmenton@ci.winona.mn.us](mailto:pmenton@ci.winona.mn.us)

Name: Janneke Sobeck  
Position: Community Wellness Director  
Contact: [Janneke.Sobeck@LiveWellWinona.org](mailto:Janneke.Sobeck@LiveWellWinona.org)

Name: Janel Miller  
Position: Occupational Health Manager  
Contact: [jamiller@winonahealth.org](mailto:jamiller@winonahealth.org)

Name: Kate Noelke  
Position: Director of Integrated Wellness  
Contact: [knoelke@winona.edu](mailto:knoelke@winona.edu)

Name: Nikki Fennern  
Position: Athletic Director  
Contact: [nfennern@smumn.edu](mailto:nfennern@smumn.edu)

Name: Stephen West, Ed.D.  
Position: Superintendent of Winona Area Public Schools  
Contact: telephone 507-494-0861



## Appendix H

### Winona Physical Activities Inventory Guide:

Aquatics/Swimming:

Name: Bob Welch Aquatic Center

Season: Summer

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 780 West 4<sup>th</sup> St.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/aquaticcenter/>

Phone: (507) 453-1646

Cost:

**2016 Daily Rates:**

19 & Over: \$5.00

18 & Under: \$4.00

4 & Under: Free

**2016 Membership Rates:**

\$44.00 per person

4 & under are free

**2016 Punch Cards (1 punch per person, per visit):**

10 punches for \$37.00

Hours:

**2016 Season:                      Saturday, June 11 –                      Sunday, August 28**

**Open Swim:                      Monday – Friday                      12:00-6:00 pm**  
**Saturday & Sunday                      12:00-7:00 pm**

**Lap Swim:                      Monday – Friday                      10:00 am-8:00 pm**  
**Saturday & Sunday                      12:00-7:00 pm**

**Concessions:                      Saturday & Sunday                      12:00-6:00 pm**

Aquatics/Swimming

Name: Winona YMCA

Season: All Year

Indoor/Outdoor: Indoor

Age appropriate: All

Address: 207 Winona Street

Website: <http://www.winonaymca.org>

Phone: (507) 454-1520

Cost: Membership Categories  
Description Monthly Rate

2 adults + dependents \$77

1 adult + dependents \$50

Ages 18-25 \$32

Age 26 + \$43 Age 62+ \$37

Ages 5-17 \$138

\*There is a \$75 enrollment fee for all membership types excluding Youth.

Daily Memberships: Family - \$20

One Adult Family - \$15

Adult - \$10

Youth (Ages 17 and under) - \$5

Hours:

Fall/Winter/Spring

Labor Day-Memorial Day

M-F: 4:30 am — 9:00 pm Sat: 5:30 am — 6:00 pm Sun: 10:00 am — 5:00 pm

Summer

Memorial Day-Labor Day

M-F: 4:30 am — 9:00 pm Sat: 5:30 am — 6:00 pm

Aquatics/Swimming (Open):

Name: St. Mary's University Jul Gernes Pool

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2010/12/3/GEN\\_1203100000.aspx](http://www.saintmaryssports.com/sports/2010/12/3/GEN_1203100000.aspx)

Phone: 507-457-1638

Cost: Contact

Hours: Contact

Contact: [nfennern@smumn.edu](mailto:nfennern@smumn.edu)

## Baseball

Name: Gabrych Park

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 950 E. 7th St.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

## Baseball

Name: Lions Park (Youth Fields)

Season: Summer program for youth (Park open all seasons)

Indoor/Outdoor: Outdoor

Age appropriate: Youth (all)

Address: 730 East Front St.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507-457-8258

Cost: Unknown

Hours: Weekly evenings

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

## Baseball

Name: Loughery Field

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: Sarnia and Winona St.

Website: <http://www.winonastatewarriors.com>

Phone: 507-457-5000

Cost: Unknown

Hours: Unkown

## Baseball

Name: Max Molock Memorial Field

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 700 Terrace Heights

Website: <http://www.saintmaryssports.com>

Phone: 507-452-4430

Cost: Free

Hours: Unknown

#### Baseball

Name: Max Molock Memorial Field

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 700 Terrace Heights

Website: <http://www.saintmaryssports.com>

Phone: 507-452-4430

Cost: Free

Hours: Unknown

#### Baseball

Name: Winona Senior High School

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 901 Gilmore Avenue

Website: <http://www.wshs.new.rschooltoday.com>

Phone: 494-1527

Cost: Free

Hours: Unknown

#### Baseball

Name: Winona Cotter High School

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: Cotter Fields, Gilmore Ave.

Website: <http://www.cotterschools.org/>

Phone: 453-5000

Cost: Free

Hours: Unknown

#### Baseball

Name: Minnesota City Baseball Fields

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: Lake and Bridge Streets, Minnesota City

Website: <http://freeteams.com/MinnesotaCityBaseball/>

E-mail: [sheftman@gmail.com](mailto:sheftman@gmail.com)

Phone: 453-5000

Cost:  
Hours:

Basketball

Name: Sinclair Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 310 E. Broadway  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open

Basketball

Name: Central School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: East Wabasha & Walnut St.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open

Basketball

Name: Tillman Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 549 Kerry Dr.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 453-1372  
Cost: FREE  
Hours: Open

Basketball

Name: Knopp Valley Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 200 Knopp Valley Dr.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 457-8258

Cost: FREE

Hours: Open

Basketball

Name: St. Mary's University Parking Lot

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 700 Terrace Heights

Website: <http://www.smumn.edu>

Phone: 452-4430

Cost: FREE

Hours: Open

Basketball

Name: Gilmore Valley Park

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 157 Jay Bee Dr.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 457-8258

Cost: FREE

Hours: Open

Basketball

Name: Wincrest Park

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age appropriate: All

Address: 1342 Woodpark Rd.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 457-8258

Cost: FREE

Hours: Open

Basketball

Name: Valley Oaks Lodge

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor



Age appropriate: All  
Address: 260 Valley Oaks Dr.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open

Basketball  
Name: Sobieski Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 950 E. 8th St.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Basketball  
Name: Washington-Kosciusko Elem School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: High Forest & 7<sup>th</sup> St.  
Website: <http://www.wapes.new.schooltoday.com/page/2539>  
Phone: 507-494-2100  
Cost: FREE  
Hours: Open

Basketball  
Name: Madison Elem School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: Dacota & 8<sup>th</sup> St.  
Website: <http://www.wapes.new.schooltoday.com/page/2454>  
Phone: 507-494-2200  
Cost: FREE  
Hours: Open

Basketball  
Name: Jefferson Elem School

Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: Hilbert & West 4<sup>th</sup> St.  
 Website: <http://www.wapes.new.rschooltoday.com/page/2453>  
 Phone: 507-494-2000  
 Cost: FREE  
 Hours: Open

Basketball  
 Name: Memorial Park  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: 9th Street & 44th Avenue  
 Website: <http://www.goodview.govoffice.com/index.asp?SEC=862E67CB-F5F0-4EC6-8D22-123FD117F6A4&Type=B LOC>  
 Phone: 507-452-1630  
 Cost: FREE  
 Hours: Open

Basketball  
 Name: Michael LaCanne Memorial Park  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: 6280 Highway 61  
 Website: <http://www.goodview.govoffice.com/index.asp?SEC=862E67CB-F5F0-4EC6-8D22-123FD117F6A4&DE=38AA5AB0-1600-4B37-B304-D33907978121&Type=B LOC>  
 Phone: 507-452-1630  
 Cost: FREE  
 Hours: Open

Basketball  
 Name: Goodview Elementary School  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: 8<sup>th</sup> St. & 51<sup>st</sup> Ave.  
 Website: <http://www.wapes.new.rschooltoday.com/page/2452>  
 Phone: 507-494-2400  
 Cost: FREE  
 Hours: Open

## Basketball

Name: East Recreation Center

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Both

Age appropriate: All

Address: 210 Zumbro St.

Website: <http://www.cityofwinona.com/city-services/parks-recreation/east-recreation-center-skate-park-neighborhood-park/>

Phone: 507- 453-1633

Cost: FREE

Hours: Available on website

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

## Basketball

Name: Winona Family YMCA

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age appropriate: All

Address: 207 Winona Street

Website: <http://www.winonaymca.org>

Phone: (507) 454-1520

Cost:

Membership Categories

Description Monthly Rate

2 adults + dependents \$77

1 adult + dependents \$50

Ages 18-25 \$32

Age 26 + \$43 Age 62+ \$37

Ages 5-17 \$138

\*There is a \$75 enrollment fee for all membership types excluding Youth.

Daily Memberships: Family - \$20

One Adult Family - \$15

Adult - \$10

Youth (Ages 17 and under) - \$5

Hours:

Fall/Winter/Spring

Labor Day-Memorial Day

M-F: 4:30 am — 9:00 pm Sat: 5:30 am — 6:00 pm Sun: 10:00 am — 5:00 pm

Summer

Memorial Day-Labor Day

M-F: 4:30 am — 9:00 pm Sat: 5:30 am — 6:00 pm

## Basketball

Name: Wabasha Recreation Center

Season: Spring/Summer/Fall/Winter (Park Rec Men's League)

Indoor/Outdoor: Indoor  
Age appropriate: All  
Address: 351 Lafayette St.  
Website: <https://www.winona.edu/outdoor/>  
Phone: 507- 457-2940  
Cost: Call for information  
Hours: Monday: 12-8pm  
Tuesday: 12-8pm  
Wednesday: 12-8pm  
Thursday: 12-8pm  
Friday: 12-8pm  
Saturday: 12-6pm  
Sunday: 12-6pm

Basketball  
Name: St. T's Sports Complex  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age appropriate: All  
Address: 360 Vila St.  
Website:  
Phone: 507- 453-5555  
Cost: Unavailable  
Hours: Available on website

Basketball League  
Name: Winona Park Rec Adults Men's League  
Season: Winter  
Age Appropriate: Adults  
Address: Wabasha Rec Center, 351 Lafayette St.  
Website: <http://www.cityofwinona.com/adult-league-information/>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Bowling  
Name: Westgate Bowl  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Indoor  
Age appropriate: All

Address: 1429 W Service Dr.  
 Website: <http://wellingtons-pubandgrill.com/westgatebowl/>  
 Phone: (507) 454-1111  
 Cost: Open Bowl Prices  
 \$3.50 for adults  
 \$2.95 for students and seniors  
 \$2.00 shoe rental  
 Hours:  
 Fall-Winter-Spring Hours (hours change during summer)  
 Monday through Friday from 1:00 PM to Close  
 Saturday from 12 noon to Close  
 Sunday from 12 noon to Close

Summer Hours-Beginning May 27th  
 Sunday and Monday – Closed  
 Tuesday thru Thursday - Noon-6PM  
 Friday – Noon to 10PM  
 Saturday – 2PM to 10PM

Bowling  
 Name: Winona Bowl  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age appropriate: All  
 Address: 526 Cottonwood Dr  
 Website: <https://www.facebook.com/Winona-Bowl-208047364057/>  
 Phone: 507-452-6441  
 Cost: Call for cost  
 Hours: Call for hours

Boxing  
 Name: Lion's Den Boxing  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age: all  
 Address: 1463 West 5th St.  
 Website: <http://teamhowellfitness.com/lions-den-boxing/>  
 Phone: 507-961-0706  
 Cost: Monthly Membership \$35  
 Hours: Monday and Thursdays 5:30-7:00

Broomball  
 Name: Winona Park Rec  
 Season: Winter

Indoor/Outdoor: Indoor  
Age Appropriate: Co-ed Adult  
Address: 207 Lafayette Street  
Website: <http://www.cityofwinona.com/adult-league-information/>  
Phone: 507- 457-8258  
Cost: Unknown  
Hours: Unknown

Cycling/Biking  
Name: Lake Winona Trail  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: West Lake Street  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: Free  
Hours: Daytime

Cycling/Biking  
Name: Holzinger Lodge Trail  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 925 West Lake Boulevard  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: Free  
Hours: Daytime

Cycling/Biking  
Name: City of Winona Bikeways  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Winona Area  
Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/City-of-Winona-Bikeways-Map1.pdf>  
Phone: 507-457-8258  
Cost: Free  
Hours: Open

Cycling/Biking  
Name: Winona County Bike Loops

Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Winona Area  
Website: [http://www.cityofwinona.com/wp-content/uploads/2013/01/WinonaCounty\\_BikeLoops.pdf](http://www.cityofwinona.com/wp-content/uploads/2013/01/WinonaCounty_BikeLoops.pdf)  
Phone: 507-457-8258  
Cost: Free  
Hours: Open

Cycling/Biking  
Name: City Bike Trails  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Winona Area  
Website: [http://www.cityofwinona.com/wp-content/uploads/2013/01/city\\_bike\\_trails.pdf](http://www.cityofwinona.com/wp-content/uploads/2013/01/city_bike_trails.pdf)  
Phone: 507-457-8258  
Cost: Free  
Hours: Open

Cycling/Biking  
Name: Bike Friendly Winona Map  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Winona Area  
Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/Updated-Bike-Friendly-Winona-Map-012413.pdf>  
Phone: 507-457-8258  
Cost: Free  
Hours: Open

Cycling/Biking  
Name: Mississippi River Trail Bikeway  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Winona Area  
Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/MN-City-to-Winona-Map.pdf>  
Phone: 507-457-8258  
Cost: Free  
Hours: Open

## Cycling/Biking

Name: Mississippi River Trail Bikeway-Downtown Winona

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: Winona Area

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/Downtown-Winona-Map.pdf>

Phone: 507-457-8258

Cost: Free

Hours: Open

## Cycling/Biking

Name: Additional Biking/Hiking Trails in the Winona Area

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 67 Main St.

Website: <https://s3.amazonaws.com/visitwinona/wp-content/uploads/2013/03/31093031/DiscTrailFunBike1.pdf>

Phone: 507-452-2272

Cost: Vary

Hours: Vary

## Canoeing, Kayaking, Sit-On-Top Kayaks, Stand-Up-Paddle Boards

Name: Lake Lodge Recreation Center

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: Winona Area

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/MN-City-to-Winona-Map.pdf>

Phone: 507-457-8258

Cost: Website

Hours: Website

Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

## Canoeing and Kayaking

Name: Minnesota DNR

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 51 E. 4th St

Website: <http://www.dnr.state.mn.us/watertrails/index.html>

Phone: 507-453-2950



Cost: Website  
Hours: Website  
Contact: [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

Climbing (Wall/Indoor)

Name: Winona State University Climbing Center  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age Appropriate: All  
Address: 351 Lafayette Street  
Website: <http://www.winona.edu/outdoor/climbing-center.asp>  
Phone: 507-457-2940  
Cost: <http://www.winona.edu/outdoor/climbing-center-rates.asp>  
Hours: Website

Climbing (Outdoor)

Name: Winona State University Outdoor Education & Recreation  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 351 Lafayette Street  
Website: <http://www.winona.edu/outdoor/default.asp>  
Phone: 507-457-2940  
Cost: <http://www.winona.edu/outdoor/default.asp>  
Hours: Website

Climbing (Outdoor)

Name: Sugar Loaf  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: Young Adult-Adult  
Address: West Burns Valley Road  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507- 457-8258  
Cost: Free  
Hours: Website

Climbing/Ropes (Outdoor)

Name: St. Mary's University Recreation  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: Young Adult-Adult

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2014/9/16/REC\\_0916143812.aspx?path=rec](http://www.saintmaryssports.com/sports/2014/9/16/REC_0916143812.aspx?path=rec)

Phone: 507-457-1638

Cost: Website

Hours: Website

Cross-Country Running Trails

Name: St. Mary's University

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Adolescent, Young Adult-Adult

Address: 700 Terrace Heights

Website:

[http://www.smumn.edu/Resources/pdf/UG\\_StudentLife/Ski\\_Trail\\_map\\_1-2014.pdf](http://www.smumn.edu/Resources/pdf/UG_StudentLife/Ski_Trail_map_1-2014.pdf)

Phone: 507-457-1638

Cost: Website

Hours: Website

Cross-Country Running Trails

Name: Holzinger Lodge

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Young Adult-Adult

Address: 651 W. Lake Boulevard

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/trailsbroch-v4.15.pdf>

Phone: 507-457-8258

Cost: Free

Hours: Website

Cross-Country Running Trails

Name: Westfield Golf Club

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Young Adult-Adult

Address: 1460 W. 5<sup>th</sup> St.

Website: [https://s3.amazonaws.com/visitwinona/wp-content/uploads/2013/03/31093630/cc\\_skiing\\_map.pdf](https://s3.amazonaws.com/visitwinona/wp-content/uploads/2013/03/31093630/cc_skiing_map.pdf)

Phone: 507-452-8700

Cost: Free

Hours: Website

Cross-Country Running Trails

Name: Prairie Island

Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Young Adult-Adult  
 Address: Prairie Island Road  
 Website: [https://s3.amazonaws.com/visitwinona/wp-content/uploads/2013/03/31093630/cc\\_skiing\\_map.pdf](https://s3.amazonaws.com/visitwinona/wp-content/uploads/2013/03/31093630/cc_skiing_map.pdf)  
 Phone: 507-457-8258  
 Cost: Free  
 Hours: Website

Cross-Country Running (Trail Time)  
 Name: Trail Run Time Trial  
 Season: Fall (August-October)  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Young Adult-Adult  
 Address: Bluffside Park, 651 W. Lake Boulevard  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-recreation/>  
 Phone: 507-457-8258  
 Cost: Free  
 Hours: Thursdays 5:00  
 Contact: [pmenton@ci.winona.mn.us](mailto:pmenton@ci.winona.mn.us)

Dance Instruction  
 Name: Minnesota Conservatory for the Arts  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age Appropriate: All  
 Address: 1164 W. 10<sup>th</sup> St.  
 Website: <http://www.smumn.edu/mca/>  
 Phone: 507-453-5501  
 Cost: Website  
 Hours: Website  
 Contact: [mca@smumn.edu](mailto:mca@smumn.edu)

Dance Instruction  
 Name: Gotta Dance  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age Appropriate: All  
 Address: 1733 W. Service Drive, Ste 6  
 Website: [www.gottadancewinona.com](http://www.gottadancewinona.com)  
 Phone: 507-474-7077  
 Cost: Website  
 Hours: Website

## Dance Instruction

Name: River City Dancers  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age Appropriate: All  
Address: 773 E 5th Street & Mankato Avenue  
Website: <http://rivercitydancers.org>  
Phone: 507-452-8390  
Cost: \$10.00 per person, \$8.00 for students  
Hours: Website  
Contact: [info@rivercitydancers.org](mailto:info@rivercitydancers.org)

## Dance Instruction

Name: Just For Kix  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age Appropriate: Kids  
Address: 365 Mankato Ave  
Website: <https://www.justforkix.com/danceclasses/winona-mn/>  
Phone: 507-429-5232  
Cost: Contact  
Hours: Contact  
Contact: [winona\\_mn@justforkix.com](mailto:winona_mn@justforkix.com)

## Equestrian/Horseback

Name: Minnesota Equestrian Center  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Both  
Age Appropriate: All ages  
Address: 24621 Gilmore Valley Road  
Website: <http://minnesotaequestrian.webs.com>  
Phone: 507-452-5600  
Cost: Contact  
Hours: Contact  
Contact: [mec@hbc.com](mailto:mec@hbc.com)

## Equestrian/Horseback

Name: Big valley Ranch  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Both  
Age Appropriate: All ages  
Address: 22076 East Burns Valley Rd  
Website: <http://www.bigvalleyranch.winona-mn.us>  
Phone: 507-459-2534  
Cost: Contact  
Hours: 7 days a week 8am-8pm

**Football (Tackle)**

Name: Morrie Miller Youth Tackle Football League

Season: Fall

Indoor/Outdoor: Outdoor

Age Appropriate: Youth

Address: 580 E. Front St.

Website: [http://www.morriemiller.org/youth\\_tackle\\_football\\_league.html](http://www.morriemiller.org/youth_tackle_football_league.html)

Phone: 507- 459-2005

Cost: Contact

Hours: Contact

Contact: [aruppert@winonaymca.org](mailto:aruppert@winonaymca.org)

**Football**

Name: Winona Senior High School

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 901 Gilmore Avenue

Website: <http://www.wshs.new.rschoolday.com>

Phone: 507- 454-1500

Cost: Contact

Hours: Contact

Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

**Football**

Name: Paul Giel Field

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1268 W. 5th Street

Website: [http://www.morriemiller.org/community\\_athletic\\_complex.html](http://www.morriemiller.org/community_athletic_complex.html)

Phone: 507- 494-1527

Cost: Contact

Hours: Contact

Contact: [info@morriemiller.org](mailto:info@morriemiller.org)

**Football**

Name: Cotter Fields

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1300 Gilmore Avenue

Website: <http://www.cotterschools.org/page.cfm?p=690>

Phone: 507-453-5000

Cost: Contact  
Hours: Contact

#### Frisbee Golf

Name: Willows Disk Golf Course  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: East Lake Park  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: FREE  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Frisbee Golf

Name: West Lake Disk Golf Course (9 Holes)  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: West Lake Street  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: FREE  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Frisbee Golf

Name: The Woods Disk Golf Course (St. Mary's University)  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 700 Terrace Heights  
Website: [http://www.saintmaryssports.com/sports/2014/9/16/REC\\_0916145030.aspx?path=rec](http://www.saintmaryssports.com/sports/2014/9/16/REC_0916145030.aspx?path=rec)  
Phone: 507-452-4430  
Cost: FREE  
Hours: Contact  
Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

#### Gymnastics

Name: KidSport Gymnastics  
Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: young child, adolescent

Address: 1213 Gilmore Avenue

Website: <http://www.kidsportwinona.net>

Phone: 507-454-5850

Cost: Contact

Hours: Monday – Thursday: 9-7:30 p.m.

Friday: 4-7 p.m.

Saturday: 8 a.m. - noon

Contact: [kidsportgymnastics@gmail.com](mailto:kidsportgymnastics@gmail.com)

Golf

Name: Westfield Golf Course

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: Young adult, Adult

Address: 1460 West 5<sup>th</sup> Street

Website: <http://www.westfieldgolfclub.com>

Phone: 507-452-6901

Cost: Contact

Hours: 7 days a week

Golf

Name: The Bridges Golf Club

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: Young adult, Adult

Address: 22852 County Road 17

Website: <http://www.winonagolf.com>

Phone: 507-452-3535

Cost: Contact

Hours: 7 days a week

Contact: [info@winonagolf.com](mailto:info@winonagolf.com)

Golf

Name: Cedar Valley Golf Course

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: Young adult, Adult

Address: 25019 County Road 9

Website: <http://www.cedarvalleymn.com>

Phone: 507-457-3129

Cost: Contact

Hours: 7 days a week

Contact: [cedarvalleygc@gmail.com](mailto:cedarvalleygc@gmail.com)

### Handball Courts

Name: [Winona Family YMCA](#)

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Age appropriate: All

Address: 207 Winona Street

Website: <http://www.winonaymca.org>

Phone: (507) 454-1520

Cost: Membership Categories

Contact: [info@winonaymca.org](mailto:info@winonaymca.org)

### Hunting

Name: Outdoor Game Hunting

Season; Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Vary with Supervision/Experience

Address: Abundant Locations

Website: <http://www.dnr.state.mn.us/hunting/tips/locations.html>

Phone: 651-259-5800

Cost: Contact

Hours: Contact

Contact: [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

### Hunting

Name: Briggs Farm/Outdoor Game Hunting

Season; Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Vary with Supervision/Experience

Address: 27171 County Road 9

Website: <http://www.briggsoutdoors.com/>

Phone: 507-450-9902

Cost: Contact

Hours: Contact

Contact: [steve@briggsoutdoors.com](mailto:steve@briggsoutdoors.com)

### Hockey/Ice Skating

Name: Bud King Ice Arena

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 670 E Front Street

Website: <http://winona.pucksystems2.com>

Phone: 507- 454-7775

Cost: Contact

Hours: Contact



Contact: [bkicearena@gmail.com](mailto:bkicearena@gmail.com)

Hockey/Ice Skating

Name: Bud King Ice Arena/Lions Park

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 670 E Front Street

Website: <http://winona.pucksystems2.com>

Phone: 507- 454-7775

Cost: Contact

Hours: Contact

Contact: [bkicearena@gmail.com](mailto:bkicearena@gmail.com)

Hockey/Ice Skating

Name: St. Mary's University Ice Arena

Season: Summer (non-academic year)

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2011/5/25/MHOCKEY\\_0525114547.aspx?id=417](http://www.saintmaryssports.com/sports/2011/5/25/MHOCKEY_0525114547.aspx?id=417)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Hiking

Name: Sugarloaf Hiking Trails

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: West Burns Valley Road

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507- 457-8258

Cost: Free

Hours: Contact

Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

Hiking

Name: Garvin Heights Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages  
Address: 250 West Lake Boulevard  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507- 457-8258  
Cost: Free  
Hours: Contact  
Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

Hiking  
Name: Holzinger Trails  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All Ages  
Address: 925 West Lake Boulevard  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507- 457-8258  
Cost: Free  
Hours: Contact  
Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

Hiking  
Name: Bluffside Trails  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All Ages  
Address: 800 West Lake Boulevard  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507- 457-8258  
Cost: Free  
Hours: Contact  
Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

Hiking  
Name: St. Mary's Hiking Trails  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All Ages  
Address: 700 Terrace Heights  
Website: <http://www.smumn.edu/student-experience/outdoor-recreation>  
Phone: 507- 452-4430  
Cost: Free  
Hours: Contact  
Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

#### Hiking/Trails

Name: Prairie Island Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 1120 Prairie Island Road North

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507- 457-8258

Cost: Free

Hours: Contact

Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

#### Hiking/Trails

Name: John A. Latsch State Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 19041 Highway 74

Website: [http://www.dnr.state.mn.us/state\\_parks/john\\_latsch/index.html](http://www.dnr.state.mn.us/state_parks/john_latsch/index.html)

Phone: 507- 932-3007 ext. 225

Cost: Contact

Hours: Friday noon-8pm, Saturday 10am - 8pm, Sunday 10am - 5pm.

Contact: [whitewater.statepark@state.mn.us](mailto:whitewater.statepark@state.mn.us)

#### Hiking/Trails

Name: Great River Bluffs State Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 43605 Kipp Drive

Website: [http://www.dnr.state.mn.us/state\\_parks/great\\_river\\_bluffs/index.html](http://www.dnr.state.mn.us/state_parks/great_river_bluffs/index.html)

Phone: 507- 643-6849

Cost: Contact

Hours: Friday noon-8pm, Saturday 10am - 8pm, Sunday 10am - 5pm.

Contact: [greatriverbluffs.statepark@state.mn.us](mailto:greatriverbluffs.statepark@state.mn.us)

#### Hiking/Trails

Name: Richard J. Dorer Memorial Hardwood State Forest

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: Township 107, Southeastern Minnesota

Website: [http://www.dnr.state.mn.us/state\\_forests/sft00033/index.html](http://www.dnr.state.mn.us/state_forests/sft00033/index.html)

Phone: 507- 643-6849

Cost: Contact

Hours: Friday noon-8pm, Saturday 10am - 8pm, Sunday 10am - 5pm.

Contact: [Craig.Blommer@state.mn.us](mailto:Craig.Blommer@state.mn.us)

Hiking/Trails

Name: Whitewater State Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 19041 Hwy 74

Website: [http://www.dnr.state.mn.us/state\\_parks/whitewater/index.html](http://www.dnr.state.mn.us/state_parks/whitewater/index.html)

Phone: 507- 932-3007

Cost: Contact

Hours: 9 a.m. - 4 p.m.

Contact: [whitewater.statepark@state.mn.us](mailto:whitewater.statepark@state.mn.us)

Judo/Karate/Martial Arts

Name: Burns Valley Judo Club

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 22257 E Burns Valley Rd

Website: <http://www.winonajudo.com>

Phone: 507- 452-8280

Cost: Contact

Hours: Contact

Contact: [polbeth@hbc.com](mailto:polbeth@hbc.com)

Judo/Karate/Martial Arts

Name: Minnesota Itosu Kai

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 223 Center Street

Website: <http://japankarate33416336-487496.hibustudio.com>

Phone: 507-452-5009

Cost: Contact

Hours: Contact

Contact: [winonakarate@charter.net](mailto:winonakarate@charter.net)

Judo/Karate/Martial Arts

Name: Monahan's Martial Center

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 119 W 3rd Street  
 Website: <http://www.monahanmartialarts.com/>  
 Phone: 507-429-7103  
 Cost: Contact  
 Hours: Mon – Fri 9:00 am - 5:00 pm  
 Contact:

Martial Arts  
 Name: Manitou Martial Arts and Wellness center  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age Appropriate: All Ages  
 Address: 686 West 5th Street  
 Website: <http://www.manitouwellness.org/>  
 Phone: 507-410-2174  
 Cost: Contact  
 Hours: Contact  
 Contact: [trish.johnson2008@gmail.com](mailto:trish.johnson2008@gmail.com)

Kayak, Sit-On-Top Kayaks, Stand-Up-Paddle Boards  
 Name: Lake Lodge Recreation Center  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: Winona Area  
 Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/MN-City-to-Winona-Map.pdf>  
 Phone: 507-457-8258  
 Cost: Website  
 Hours: Website  
 Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

Kayak  
 Name: Minnesota DNR  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 51 E. 4th St  
 Website: <http://www.dnr.state.mn.us/watertrails/index.html>  
 Phone: 507-453-2950  
 Cost: Website  
 Hours: Website  
 Contact: [info.dnr@state.mn.us](mailto:info.dnr@state.mn.us)

Kayak

Name: Driftless Adventure Company  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 248 East Garvin Heights Road  
Website: <http://www.driftlessadventurecompany.com/>  
Phone: 507-313-4090  
Cost: Website  
Hours: Website  
Contact: [DriftlessAdventureCompany@gmail.com](mailto:DriftlessAdventureCompany@gmail.com)

Kayak  
Name: Broken Paddle Guiding Company  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: Mississippi Backwaters  
Website: <http://www.brokenpaddleguiding.com/>  
Phone: 651-955-5222  
Cost: Website  
Hours: Website  
Contact: [Richie@brokenpaddleguiding.com](mailto:Richie@brokenpaddleguiding.com)

Kayak  
Name: Winona State University Outdoor Education and Recreation Center  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 351 Lafayette St.  
Website: <http://www.winona.edu/outdoor>  
Phone: 507-457-2940  
Cost: Website  
Hours: Website  
Contact: [oerc@winona.edu](mailto:oerc@winona.edu)

Kickball  
Name: Winona Park Rec Co-ed Kickball  
Season: Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: Adult  
Address: 207 Lafayette Street  
Website: <http://www.cityofwinona.com/adult-league-information/>  
Phone: 507-457-8258  
Cost: Website  
Hours: Website

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Mountain Biking

Name: Winona Area Mountain Bikers

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: Adult

Address: PO Box 343

Website: <http://mountainbikewinona.org/index.html>

Phone: 507-313-0676

Cost: Website

Hours: Website

Contact: [ssherman@hbc.com](mailto:ssherman@hbc.com)

#### Mountain Biking Trails

Name: Holzinger Trails

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 925 West Lake Boulevard

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507- 457-8258

Cost: Free

Hours: Contact

Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

#### Mountain Biking Trails

Name: Prairie Island Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 1120 Prairie Island Road North

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507- 457-8258

Cost: Free

Hours: Contact

Contact: [cubl@ci.winona.mn.us](mailto:cubl@ci.winona.mn.us)

#### Mountain Biking Trails

Name: Great River Bluffs State Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 43605 Kipp Drive

Website: [http://www.dnr.state.mn.us/state\\_parks/great\\_river\\_bluffs/index.html](http://www.dnr.state.mn.us/state_parks/great_river_bluffs/index.html)

Phone: 507- 643-6849

Cost: Contact

Hours: Friday noon-8pm, Saturday 10am - 8pm, Sunday 10am - 5pm.

Contact: [greatriverbluffs.statepark@state.mn.us](mailto:greatriverbluffs.statepark@state.mn.us)

#### Mountain Biking Trails

Name: Richard J. Dorer Memorial Hardwood State Forest

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: Township 107, Southeastern Minnesota

Website: [http://www.dnr.state.mn.us/state\\_forests/sft00033/index.html](http://www.dnr.state.mn.us/state_forests/sft00033/index.html)

Phone: 507- 643-6849

Cost: Contact

Hours: Friday noon-8pm, Saturday 10am - 8pm, Sunday 10am - 5pm.

Contact: [Craig.Blommer@state.mn.us](mailto:Craig.Blommer@state.mn.us)

#### Mountain Biking Trails

Name: Whitewater State Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All Ages

Address: 19041 Hwy 74

Website: [http://www.dnr.state.mn.us/state\\_parks/whitewater/index.html](http://www.dnr.state.mn.us/state_parks/whitewater/index.html)

Phone: 507- 932-3007

Cost: Contact

Hours: 9 a.m. - 4 p.m.

Contact: [whitewater.statepark@state.mn.us](mailto:whitewater.statepark@state.mn.us)

#### [Pickleball League](#)

[Name: Winona Family YMCA](#)

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All Ages

Address: 207 Winona Street

Website: <http://www.winonaymca.org>

Phone: (507) 454-1520

Cost: Membership Categories

Contact: [info@winonaymca.org](mailto:info@winonaymca.org)

#### [Racquetball Courts](#)

[Name: Winona Family YMCA](#)

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor



Age Appropriate: All Ages  
Address: 207 Winona Street  
Website: <http://www.winonaymca.org>  
Phone: (507) 454-1520  
Cost: Membership Categories  
Contact: [info@winonaymca.org](mailto:info@winonaymca.org)

Running (Track/Field)  
Name: Winona Senior High School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 901 Gilmore Avenue  
Website: <http://www.wshs.new.schooltoday.com>  
Phone: 494-1527  
Cost: Free  
Hours: Non-school times  
Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

Running (Track/Field)  
Name: Paul Giel Field (Winona Community Sports/Recreation Complex)  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1268 W. 5th Street  
Website: [http://www.morriemiller.org/community\\_athletic\\_complex.html](http://www.morriemiller.org/community_athletic_complex.html)  
Phone: 507- 494-1527  
Cost: Contact  
Hours: Contact  
Contact: [info@morriemiller.org](mailto:info@morriemiller.org)

Running (Track/Field)  
Name: Cotter Fields  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1300 Gilmore Avenue  
Website: <http://www.cotterschools.org/page.cfm?p=690>  
Phone: 507-453-5000  
Cost: Contact  
Hours: Non-school times  
Contact: [info@cotterschools.org](mailto:info@cotterschools.org)

Running (Track/Field)  
Name: St. Mary's University/ Gostomski Fieldhouse  
Season: Spring/Summer/Fall

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2011/5/25/GEN\\_0525114734.aspx?id=419](http://www.saintmaryssports.com/sports/2011/5/25/GEN_0525114734.aspx?id=419)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Running (Track/Field)

Name: St. Mary's University/ Saint Mary's Outdoor Complex

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2010/12/3/GEN\\_1203100000.aspx](http://www.saintmaryssports.com/sports/2010/12/3/GEN_1203100000.aspx)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Running (Paths)

Name: Winona East & West Lake Park Bike Path

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: Lake Park

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Running (Paths)

Name: St. Mary's Cemetery

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1333 Homer Rd

Website: <http://www.smcofwinona.org/>

Phone: 507-452-2769

Cost: Contact

Hours: M-F 8:00 AM-4:00 PM  
Contact: Call

#### Running (Paths)

Name: Woodlawn Cemetery  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 506 West Lake Blvd  
Website: <http://www.woodlawncemeterywinona.org/>  
Phone: 507-452-6016  
Cost: Contact  
Hours: Contact  
Contact: Call

#### Running (Paths)

Name: Michael LaCanne Memorial Park Trail  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 6280 Highway 61  
Website: <http://www.goodview.govoffice.com>  
Phone: 507-452-1630  
Cost: Contact  
Hours: Contact  
Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Running (Paths)

Name: Winona Trails and Bikeway Maps  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 207 Lafayette Street  
Website: [http://www.cityofwinona.com/wp-content/uploads/2013/01/city\\_bike\\_trails.pdf](http://www.cityofwinona.com/wp-content/uploads/2013/01/city_bike_trails.pdf)  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Rowing

Name: Winona Park Rec East & West Lake  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All

Address: Lake Park

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Rugby Field

Name: St. Mary's University / Rugby Field

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 700 Terrace Heights

Website: <http://www.smumn.edu/student-experience/outdoor-recreation>

Phone: 507- 452-4430

Cost: Free

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Rugby Field

Name: Winona Southeast Technical College

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1250 Homer Road

Website: <http://www.southeastmn.edu>

Phone: 507-453-2700

Cost: Free

Hours: Contact

Contact:

Shooting Ranges/Sportsman Club

Name: Winona Sportsmen's Club

Season: Summer/Spring/Winter/Fall

Indoor/Outdoor: Both

Age Appropriate: Adult

Address: PO Box 241

Website: <http://www.winonasportsmensclub.com/index.html>

Phone: 507-452-4601

Cost: Contact

Hours: Contact

Contact: [winonasportsmensclub@hotmail.com](mailto:winonasportsmensclub@hotmail.com)

Skating/Blading

Name: Winona Skate Park

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 800 West 5th Street

Website: <http://www.cityofwinona.com/city-services/parks-recreation/east-recreation-center-skate-park-neighborhood-park/>

Phone: 507-453-1642

Cost: Contact

Hours: M-F 3:30-9 pm Sat 12-10 pm Sun 12-6 pm

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Skiing Trails (Nordic, Cross-Country)

Name: St. Mary's University

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2016/2/18/NSC\\_0218161559.aspx?path=nsc](http://www.saintmaryssports.com/sports/2016/2/18/NSC_0218161559.aspx?path=nsc)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Skiing Trails (Nordic, Cross-Country)

Name: Bluffside Park (Holzinger Trails)

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 800 West Lake Boulevard

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/trailsbroch-v4.15.pdf>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Sledding Hills

Name: St. Mary's University

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2016/2/18/NSC\\_0218161559.aspx?path=nsc](http://www.saintmaryssports.com/sports/2016/2/18/NSC_0218161559.aspx?path=nsc)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Sledding Hills

Name: Bluffside Park

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 800 West Lake Boulevard

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/trailsbroch-v4.15.pdf>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Skiing Clubs

Name: Winona Nordic Ski Club

Season: Winter/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Website: <http://winonanordic.com>

Phone:

Cost: Contact

Hours: Contact

Contact: Website

Snowshoeing Trails

Name: Agahming Wildlife Refuge

Season: Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: Old Duke Road

Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/Snowshoe-Flyer1.pdf>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Snowshoeing Trails

Name: Prairie Island  
Season: Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 915 Prairie Island Road North  
Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/Snowshoe-Flyer1.pdf>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Snowshoeing Trails  
Name: Holzinger Trails  
Season: Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 925 West Lake Boulevard  
Website: <http://www.cityofwinona.com/wp-content/uploads/2013/01/Snowshoe-Flyer1.pdf>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Soccer  
Name: Cotter Fields  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1300 Gilmore Avenue  
Website: <http://www.cotterschools.org/page.cfm?p=690>  
Phone: 507-453-5000  
Cost: Contact  
Hours: Contact  
Contact: [info@cotterschools.org](mailto:info@cotterschools.org)

Soccer  
Name: Winona Senior High School  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 901 Gilmore Avenue  
Website: <http://www.wshs.new.rschooltoday.com>  
Phone: 507- 454-1500

Cost: Contact  
Hours: Contact  
Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

Soccer  
Name: Winona Middle School  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1570 Homer Road  
Website: <http://www.wms.new.rschooltoday.com>  
Phone: 507- 494-1000  
Cost: Contact  
Hours: Contact  
Contact: [mark.anderson@winona.k12.mn.us](mailto:mark.anderson@winona.k12.mn.us)

Soccer  
Name: Michael LaCanne Memorial Park Trail  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 6280 Highway 61  
Website: <http://www.goodview.govoffice.com>  
Phone: 507-452-1630  
Cost: Contact  
Hours: Contact  
Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

Soccer  
Name: St. Mary's University/ Saint Mary's Outdoor Complex  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 700 Terrace Heights  
Website:  
[http://www.saintmaryssports.com/sports/2010/12/3/GEN\\_1203100000.aspx](http://www.saintmaryssports.com/sports/2010/12/3/GEN_1203100000.aspx)  
Phone: 507- 452-4430  
Cost: Contact  
Hours: Contact  
Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Soccer  
Name: Paul Giel Field  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor



Age Appropriate: All  
 Address: 1268 W. 5th Street  
 Website: [http://www.morriemiller.org/community\\_athletic\\_complex.html](http://www.morriemiller.org/community_athletic_complex.html)  
 Phone: 507- 494-1527  
 Cost: Contact  
 Hours: Contact  
 Contact: [info@morriemiller.org](mailto:info@morriemiller.org)

#### Soccer

Name: East Lake Park Bandshell  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 85 Lake Park Drive  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
 Phone: 507- 457-8258  
 Cost: Contact  
 Hours: Contact  
 Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Soccer

Name: Winona Youth Soccer Association  
 Season: Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Youth ages 11-19  
 Address: P.O. Box 841  
 Website: <http://wysa.sportngin.com/page/show/1405553-home>  
 Phone: 507-474-5058  
 Cost: Contact  
 Hours: Contact  
 Contact: [lanstacy@hotmail.com](mailto:lanstacy@hotmail.com)

#### Softball Fields

Name: Winona Middle School  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 1570 Homer Road  
 Website: <http://www.wms.new.rschooltoday.com>  
 Phone: 507- 494-1000  
 Cost: Contact  
 Hours: Contact  
 Contact: [mark.anderson@winona.k12.mn.us](mailto:mark.anderson@winona.k12.mn.us)

#### Softball Fields

Name: Lions Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 730 East Front Street  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Fields

Name: Bambenek Fields  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 290 East Lake Park Drive  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Fields

Name: Dakota Street Fields  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 750 Dakota Street  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Fields

Name: Winona Senior High School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 901 Gilmore Avenue  
Website: <http://www.wshs.new.rschooltoday.com>  
Phone: 507- 454-1500

Cost: Contact  
Hours: Contact  
Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

#### Softball Fields

Name: Bowlin Field  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1300 Gilmore Avenue  
Website: <http://www.cotterschools.org/page.cfm?p=690>  
Phone: 507-453-5000  
Cost: Contact  
Hours: Contact  
Contact: [info@cotterschools.org](mailto:info@cotterschools.org)

#### Softball Fields

Name: Jefferson School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1268 West 5th Street  
Website: <http://www.wapes.new.rschooltoday.com/page/2453>  
Phone: 507-494-2000  
Cost: Contact  
Hours: Contact  
Contact: [webmaster@winona.k12.mn.us](mailto:webmaster@winona.k12.mn.us)

#### Softball Fields

Name: Tillman Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 549 Kerry Dr.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-453-1372  
Cost: FREE  
Hours: Open  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Fields

Name: Valley Oaks Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All

Address: Valley Oaks Drive  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 507-453-1372  
Cost: FREE  
Hours: Open  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Fields

Name: Memorial Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 9th Street & 44th Avenue  
Website: [http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B\\_BASIC](http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B_BASIC)  
Phone: 507-452- 1630  
Cost: FREE  
Hours: Open  
Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Softball Fields

Name: Goodview Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 6th Street & 44th Avenue  
Website: [http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B\\_BASIC](http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B_BASIC)  
Phone: 507-452- 1630  
Cost: FREE  
Hours: Open  
Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Softball Fields

Name: We Valley Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 48th Avenue & Pine Court  
Website: [http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B\\_BASIC](http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B_BASIC)

Phone: 507-452- 1630  
 Cost: FREE  
 Hours: Open  
 Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Softball

Name: Woodhaven Park  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: Woodland Blvd. & Kingswood Dr.  
 Website: [http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B\\_BASIC](http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B_BASIC)  
 Phone: 507-452- 1630  
 Cost: FREE  
 Hours: Open  
 Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Softball Leagues

Name: Winona Park Rec Adult Softball Leagues (male, female, co-ed)  
 Season: Late Spring/Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Adults  
 Address: Bambenek Fields, 290 East Lake Park Drive  
 Website: <http://www.cityofwinona.com/adult-league-information/>  
 Phone: 507-457-8258  
 Cost: Contact  
 Hours: Contact  
 Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Softball Leagues

Name: Winona WinStars Youth Fastpitch Female League  
 Season: Late Spring/Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Females Ages 5-18  
 Address: Winona  
 Website: <http://www.winonawinstars.com>  
 Phone: 507-459-5856  
 Cost: Contact  
 Hours: Contact  
 Contact: [jherrick10113f@gmail.com](mailto:jherrick10113f@gmail.com)

#### Strength and Conditioning Program

Name: Winona Area Schools Strength and Conditioning

Season: Summer  
Indoor/Outdoor: Both  
Age Appropriate: High school aged males and females  
Address: 580 East Front Street  
Website: [http://www.morriemiller.org/strength\\_conditioning\\_program.html](http://www.morriemiller.org/strength_conditioning_program.html)  
Phone: 507-474-5451  
Cost: FREE  
Hours: M-F 7:00-9:30  
Contact: [jreinardy@winona.edu](mailto:jreinardy@winona.edu)

Tennis (Courts)  
Name: Sobieski Park  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 950 E. 8th St.  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Tennis (Courts)  
Name: Bandshell Courts  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 85 Lake Park Drive  
Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
Phone: 457-8258  
Cost: FREE  
Hours: Open  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Tennis (Courts)  
Name: Winona Senior High School  
Season: Spring/Summer/Fall  
Indoor/Outdoor: Outdoor  
Age appropriate: All  
Address: 901 Gilmore Avenue  
Website: <http://www.wshs.new.schooltoday.com>  
Phone: 494-1527  
Cost: Free  
Hours: Non-school times

Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

Tennis (Courts)

Name: Winona Middle School

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1570 Homer Road

Website: <http://www.wms.new.rschooldtoday.com>

Phone: 507- 494-1000

Cost: Contact

Hours: Contact

Contact: [mark.anderson@winona.k12.mn.us](mailto:mark.anderson@winona.k12.mn.us)

Tennis (Courts)

Name: Winona Tennis Center

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 360 Vila Street

Website: <http://www.winonatennis.com>

Phone: 507-474-6700

Cost: Contact

Hours: Contact

Contact: [wata@hbc.com](mailto:wata@hbc.com)

Tennis (Courts)

Name: St. Mary's University/ Gostomski Fieldhouse

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2011/5/25/GEN\\_0525114734.aspx?id=419](http://www.saintmaryssports.com/sports/2011/5/25/GEN_0525114734.aspx?id=419)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Tennis (Courts)

Name: Knopp Valley Park

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 200 Knopp Valley Drive  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
 Phone: 457-8258  
 Cost: FREE  
 Hours: Open  
 Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

#### Tennis (Courts)

Name: Memorial Park  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: 9th Street & 44th Avenue  
 Website: <http://www.goodview.govoffice.com/index.asp?SEC=862E67CB-F5F0-4EC6-8D22-123FD117F6A4&Type=B LOC>  
 Phone: 507-452-1630  
 Cost: FREE  
 Hours: Open  
 Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

#### Tennis (Courts)

Name: Cotter Schools Outdoor Courts  
 Season; Fall/Spring/Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 1265 West Wabasha Street  
 Website: <http://www.cotterschools.org/page.cfm?p=690>  
 Phone: 507-453-5000  
 Cost: Contact  
 Hours: Contact  
 Contact: [info@cotterschools.org](mailto:info@cotterschools.org)

#### Volleyball Courts/League (Sand)

Name: Blackhorse Bar and Grill  
 Season: Late Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: Adult male, female, and co-ed leagues  
 Address: 34648 Old Homer Road  
 Website: <http://www.blackhorsebarandgrillmn.com/volleyball.html>  
 Phone: 507-474-9600  
 Cost: Contact  
 Hours: Contact  
 Contact: [thbag2011@yahoo.com](mailto:thbag2011@yahoo.com)



**Volleyball Courts/League (Indoor)**

Name: Winona Park Rec Leagues

Season: Fall/Winter/Spring

Indoor/Outdoor: Indoor

Age Appropriate: Adult male, female, and co-ed leagues

Address: 207 Lafayette Street

Website: <http://www.cityofwinona.com/adult-league-information/>

Phone: 507-457-8258

Cost: Contact

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)**Volleyball Courts (Indoor)**

Name: East Recreation Center

Season: Fall/Winter/Spring/Summer

Indoor/Outdoor: Indoor

Age Appropriate: All ages

Address: 210 Zumbro Street

Website: <http://www.cityofwinona.com/city-services/parks-recreation/east-recreation-center-skate-park-neighborhood-park/>

Phone: 507- 453-1633

Cost: FREE

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)**Volleyball Courts (Sand)**

Name: East Lake

Season: Fall/Spring/Summer

Indoor/Outdoor: Outdoor

Age Appropriate: All ages

Address: 525 East Lake Park Drive

Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>

Phone: 507- 457-8258

Cost: FREE

Hours: Contact

Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)**Volleyball Courts (Sand)**

Name: Winona Senior High School

Season: Fall/Spring/Summer

Indoor/Outdoor: Outdoor

Age Appropriate: All ages

Address: 901 Gilmore Avenue

Website: <http://www.wshs.new.rschooltoday.com>

Phone: 507- 454-1500  
 Cost: Contact  
 Hours: Contact  
 Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

Volleyball Courts (Sand)  
 Name: St. Mary's University  
 Season: Fall/Spring/Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All ages  
 Address: St. Johns Road, St. Mary's Campus  
 Website: [http://www.saintmaryssports.com/sports/2010/12/3/GEN\\_1203100000.aspx](http://www.saintmaryssports.com/sports/2010/12/3/GEN_1203100000.aspx)  
 Phone: 507- 452-4430  
 Cost: Contact  
 Hours: Contact  
 Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Volleyball Courts (Sand)  
 Name: Prairie Island Park  
 Season: Fall/Spring/Summer  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All ages  
 Address: 1120 Prairie Island Road North  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
 Phone: 507- 457-8258  
 Cost: FREE  
 Hours: Contact  
 Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Wrestling  
 Name: Winona Area Youth Wrestling Club  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: Pre-Kindergarten- 12<sup>th</sup> grade youth  
 Address: 222 West Second Street  
 Website: <https://winonaareayouthwrestling.com>  
 Phone: 507- 458-0997  
 Cost: Contact  
 Hours: Contact  
 Contact: [winonaareayouthwrestlingclub1@gmail.com](mailto:winonaareayouthwrestlingclub1@gmail.com)

Weight Lifting/Strength Training/Fitness  
 Name: Anytime Fitness  
 Season: Fall/Winter/Spring/Summer

Indoor/Outdoor: Indoor  
 Age Appropriate: High school- Older adult  
 Address: 975 Frontenac Drive  
 Website: <https://www.anytimefitness.com/gyms/139/winona-mn-55987/>  
 Phone: 507- 494-0000  
 Cost: Contact  
 Hours: Contact

Weight Lifting/Strength Training/Fitness  
 Name: Snap Fitness  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: High school- Older adult  
 Address: 1213 Gilmore Ave.  
 Website: <https://www.snapfitness.com/gyms/winona-mn-55987/231>  
 Phone: 507- 454-7500  
 Cost: Contact  
 Hours: Contact  
 Contact: [winona@snapfitness.com](mailto:winona@snapfitness.com)

Weight Lifting/Strength Training/Fitness  
 Name: Winona Family YMCA  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: High school- Older adult  
 Address: 207 Winona Street  
 Website: <http://www.winonaymca.org>  
 Phone: 507-454-1520  
 Cost: Contact  
 Hours: Contact  
 Contact: [info@winonaymca.org](mailto:info@winonaymca.org)

Weight Lifting/Strength Training/Fitness  
 Name: Winona Friendship Center  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: Older Adult (55+)  
 Address: 251 Main Street  
 Website: <http://www.cityofwinona.com/city-services/winona-senior-friendship-center/>  
 Phone: 507-454-5212  
 Cost: Contact  
 Hours: Contact  
 Contact: [mfox@ci.winona.mn.us](mailto:mfox@ci.winona.mn.us)

Weight Lifting/Strength Training/Fitness/CROSSFIT

Name: Team Howell Fitness  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: Youth-Older Adult  
 Address: 1463 West Fifth Street  
 Website: <http://teamhowellfitness.com/>  
 Phone: 507-0474-9980  
 Cost: Contact  
 Hours: 24-hour gym  
 Contact:

Weight Lifting/Strength Training/Fitness/CROSSFIT  
 Name: Crossfit Warrior Risen  
 Season: Fall/Winter/Spring/Summer  
 Indoor/Outdoor: Indoor  
 Age Appropriate: Youth-Older Adult  
 Address: 5245 W 6th Street  
 Website: <http://www.crossfitwarriorrisen.com>  
 Phone: 507-458-4575  
 Cost: Contact  
 Hours: Contact  
 Contact: [crossfitwarriorrisen@gmail.com](mailto:crossfitwarriorrisen@gmail.com)

Walking (Track/Paths)  
 Name: Winona Senior High School  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age appropriate: All  
 Address: 901 Gilmore Avenue  
 Website: <http://www.wshs.new.schooltoday.com>  
 Phone: 494-1527  
 Cost: Free  
 Hours: Non-school times  
 Contact: [Casey.Indra@winona.k12.mn.us](mailto:Casey.Indra@winona.k12.mn.us)

Walking (Track/Paths)  
 Name: Paul Giel Field (Winona Community Sports/Recreation Complex)  
 Season: Spring/Summer/Fall  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 1268 W. 5th Street  
 Website: [http://www.morriemiller.org/community\\_athletic\\_complex.html](http://www.morriemiller.org/community_athletic_complex.html)  
 Phone: 507- 494-1527  
 Cost: Contact  
 Hours: Contact

Contact: [info@morriemiller.org](mailto:info@morriemiller.org)

Walking (Track/Paths)

Name: Cotter Fields

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 1300 Gilmore Avenue

Website: <http://www.cotterschools.org/page.cfm?p=690>

Phone: 507-453-5000

Cost: Contact

Hours: Non-school times

Contact: [info@cotterschools.org](mailto:info@cotterschools.org)

Walking (Track/Paths)

Name: St. Mary's University/ Gostomski Fieldhouse

Season: Spring/Summer/Fall

Indoor/Outdoor: Indoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2011/5/25/GEN\\_0525114734.aspx?id=419](http://www.saintmaryssports.com/sports/2011/5/25/GEN_0525114734.aspx?id=419)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Walking (Track/Paths)

Name: St. Mary's University/ Saint Mary's Outdoor Complex

Season: Spring/Summer/Fall

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: 700 Terrace Heights

Website:

[http://www.saintmaryssports.com/sports/2010/12/3/GEN\\_1203100000.aspx](http://www.saintmaryssports.com/sports/2010/12/3/GEN_1203100000.aspx)

Phone: 507- 452-4430

Cost: Contact

Hours: Contact

Contact: [pwatkins@smumn.edu](mailto:pwatkins@smumn.edu)

Walking (Paths)

Name: Winona East & West Lake Park Bike Path

Season: Spring/Summer/Fall/Winter

Indoor/Outdoor: Outdoor

Age Appropriate: All

Address: Lake Park  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
 Phone: 507-457-8258  
 Cost: Contact  
 Hours: Contact  
 Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Walking (Paths)  
 Name: St. Mary's Cemetery  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 1333 Homer Rd  
 Website: <http://www.smcofwinona.org/>  
 Phone: 507-452-2769  
 Cost: Contact  
 Hours: M-F 8:00 AM-4:00 PM  
 Contact: Call

Walking (Paths)  
 Name: Woodlawn Cemetery  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 506 West Lake Blvd  
 Website: <http://www.woodlawncemeterywinona.org/>  
 Phone: 507-452-6016  
 Cost: Contact  
 Hours: Contact  
 Contact: Call

Walking (Paths)  
 Name: Michael LaCanne Memorial Park Trail  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Outdoor  
 Age Appropriate: All  
 Address: 6280 Highway 61  
 Website: <http://www.goodview.govoffice.com>  
 Phone: 507-452-1630  
 Cost: Contact  
 Hours: Contact  
 Contact: [dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

Walking (Paths)  
 Name: Winona Trails and Bikeway Maps

Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 207 Lafayette Street  
Website: [http://www.cityofwinona.com/wp-content/uploads/2013/01/city\\_bike\\_trails.pdf](http://www.cityofwinona.com/wp-content/uploads/2013/01/city_bike_trails.pdf)  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Walking (Paths)  
Name: Prairie Island Park  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Outdoor  
Age Appropriate: All  
Address: 1120 Prairie Island Road North  
Website: [http://www.cityofwinona.com/wp-content/uploads/2013/01/prairie\\_island\\_area1.pdf](http://www.cityofwinona.com/wp-content/uploads/2013/01/prairie_island_area1.pdf)  
Phone: 507-457-8258  
Cost: Contact  
Hours: Contact  
Contact: [mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)

Yoga (Fitness Classes)  
Name: Winona Yoga Center  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age Appropriate: All  
Address: 686 West 5th Street  
Website: <http://manitouwellness.org>  
Phone: 507-453-0233  
Cost: Contact  
Hours: Contact  
Contact: [trish.johnson2008@gmail.com](mailto:trish.johnson2008@gmail.com)

Yoga (Fitness Classes)  
Name: Infinity Chiropractic & Yoga  
Season: Spring/Summer/Fall/Winter  
Indoor/Outdoor: Indoor  
Age Appropriate: All  
Address: 117 West 3rd Street  
Website: <http://www.infinitywinona.com>  
Phone: 507-453-7941

Cost: Contact  
 Hours: Contact  
 Contact: [infinitywinona@gmail.com](mailto:infinitywinona@gmail.com)

Yoga (Fitness Classes)  
 Name: Simplicity Yoga & Wellness  
 Season: Spring/Summer/Fall/Winter  
 Indoor/Outdoor: Indoor  
 Age Appropriate: All  
 Address: 601 East 5th Street  
 Website: <http://www.jennifermonsos.com/yoga-fitness/>  
 Phone: 507-474-1664  
 Cost: Contact  
 Hours: Contact  
 Contact: [jennifer.monsos@gmail.com](mailto:jennifer.monsos@gmail.com)

Yoga (Fitness Classes)  
 Name: Winona Family YMCA  
 Season: All Year  
 Indoor/Outdoor: Indoor  
 Age appropriate: All  
 Address: 207 Winona Street  
 Website: <http://www.winonaymca.org>  
 Phone: (507) 454-1520  
 Cost: Contact  
 Hours: Contact  
 Contact: [info@winonaymca.org](mailto:info@winonaymca.org)

### **Winona Area Parks**

For all questions and information regarding parks in Winona, contact:  
[mjohnson@ci.winona.mn.us](mailto:mjohnson@ci.winona.mn.us)  
 Address: 207 Lafayette Street  
 Phone Number: 507-457-8258  
 Hours: FALL/WINTER/SPRING Monday-Friday 8:00 a.m. – 4:30 p.m  
 Website: <http://www.cityofwinona.com/city-services/parks-recreation/parks-trails/>  
 Note: These are parks containing equipment for children to maintain physical activity

Park	Location
Belmont-Whitten Park	2 Lenox St.
Central Park	50 West Broadway
Dacota Street Park	750 Dacota Street



Deer Park	915 Prairie Island Road North
East Recreation Center	210 Zumbro Street
Gilmore Valley Shelter I	1160 County Drive
Gilmore Valley Shelter II	157 Jay Bee Drive
Glenview Park	550 Glenview Drive
Hamilton Street Park	Hamilton/Sarnia/Lake Park Road
Knopp Valley Park	200 Knopp Valley Drive
Bandshell Park	85 Lake Park Drive
Unity Park	860 Parks Avenue
Lions Youth Park	730 East Front Street
Miller Park	200 Links Lane
Kiwanis Shelter	1340 Prairie Island Road North
Sinclair Park	310 East Broadway
Sobieski Park	950 East 8 <sup>th</sup> Street
950 East 8 <sup>th</sup> Street	Tillman Park
Valley Oaks Park	200 Valley Oaks Drive
Wincrest Park	1350 Woodpark Road

### **Winona Elementary Schools with Playgrounds**

Washington- Kosciusko	365 Mankato Avenue
Madison	515 West Wabasha
Jefferson	1268 West Fifth Street
Goodview	5100 West 9 <sup>th</sup> Street
Rollingstone	61 Main Street, Rollingstone, MN

### **Goodview Area Parks**

For all questions and information regarding parks in Goodview, contact:

[dmatejka@goodviewmn.com](mailto:dmatejka@goodviewmn.com)

Phone Number: 507-452-1630

Hours: Monday-Friday 7:30 a.m. – 4:00 p.m

Website: [http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B\\_BASIC](http://www.goodview.govoffice.com/index.asp?SEC=71899437-7E87-4590-B03A-C92C05180992&DE=1E903957-8F49-42D5-9006-1D5BBB033DBA&Type=B_BASIC)

Note: These are parks containing equipment for children to maintain physical activity

Park	Location
Michael LaCanne Memorial Park	6280 Highway 61
Memorial Park	9th Street & 44th Avenue
Goodview Park	6th Street & 44th Avenue

WE Valley Park	48th Avenue & Pine Court
Woodhaven Park	Woodland Blvd. & Kingswood Dr.

## Appendix I

### Definition of words

The following definitions are from the Centers for Disease Control and Prevention (CDC, 2017).

#### A

**Absolute intensity.** The amount of energy used by the body per minute of activity.

**Aerobic physical activity.** Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling.

#### B

**Balance.** A performance-related component of physical fitness that involves the maintenance of the body's equilibrium while stationary or moving.

**Balance training.** Static and dynamic exercises that are designed to improve individuals' ability to withstand challenges from postural sway or destabilizing stimuli caused by self-motion, the environment, or other objects.

**Baseline activity.** The light-intensity activities of daily life, such as standing, walking slowly, and lifting lightweight objects. People who do only baseline activity are considered to be inactive.

**Bone-strengthening activity.** Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.

#### D

**Duration.** The length of time in which an activity or exercise is performed. Duration is generally expressed in minutes.

#### E

**Exercise.** A subcategory of physical activity that is planned, structured, repetitive, and purposive in the sense that the improvement or maintenance of one or more components of physical fitness is the objective. "Exercise" and "exercise training" frequently are used interchangeably and generally refer to physical activity performed during leisure time with the primary purpose of improving or maintaining physical fitness, physical performance, or health.

## F

**Flexibility.** A health- and performance-related component of physical fitness that is the range of motion possible at a joint. Flexibility is specific to each joint and depends on a number of specific variables, including but not limited to the tightness of specific ligaments and tendons. Flexibility exercises enhance the ability of a joint to move through its full range of motion.

**Frequency.** The number of times an exercise or activity is performed. Frequency is generally expressed in sessions, episodes, or bouts per week.

## H

**Health.** A human condition with physical, social and psychological dimensions, each characterized on a continuum with positive and negative poles. Positive health is associated with a capacity to enjoy life and to withstand challenges; it is not merely the absence of disease. Negative health is associated with illness, and in the extreme, with premature death.

**Health-enhancing physical activity.** Activity that, when added to baseline activity, produces health benefits. Brisk walking, jumping rope, dancing, playing tennis or soccer, lifting weights, climbing on playground equipment at recess, and doing yoga are all examples of health-enhancing physical activity.

## I

**Intensity.** Intensity refers to how much work is being performed or the magnitude of the effort required to perform an activity or exercise.

## L

**Lifestyle activities.** This term is frequently used to encompass activities that a person carries out in the course of daily life and that can contribute to sizeable energy expenditure. Examples include taking the stairs instead of using the elevator, walking to do errands instead of driving, getting off a bus one stop early, or parking farther away than usual to walk to a destination.

## M

**Moderate-intensity physical activity.** On an absolute scale, physical activity that is done at 3.0 to 5.9 times the intensity of rest. On a scale relative to an individual's personal capacity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 0 to 10. **Muscle-strengthening activity** (strength training, resistance training, or muscular strength and endurance exercises). Physical activity, including exercise that increases skeletal muscle strength, power, endurance, and mass.

## P

**Physical activity.** Any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level. In these Guidelines, physical activity generally refers to the subset of physical activity that enhances health.

**Physical fitness.** The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to

emergencies. Physical fitness includes a number of components consisting of cardiorespiratory endurance (aerobic power), skeletal muscle endurance, skeletal muscle strength, skeletal muscle power, flexibility, balance, speed of movement, reaction time, and body composition.

**Progression.** The process of increasing the intensity, duration, frequency, or amount of activity or exercise as the body adapts to a given activity pattern.

R

**Relative intensity.** The level of effort required by a person to do an activity. When using relative intensity, people pay attention to how physical activity affects their heart rate and breathing.

**Repetitions.** The number of times a person lifts a weight in muscle-strengthening activities. Repetitions are analogous to duration in aerobic activity.

S

**Strength.** A health and performance component of physical fitness that is the ability of a muscle or muscle group to exert force.

V

**Vigorous-intensity physical activity.** On an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10.