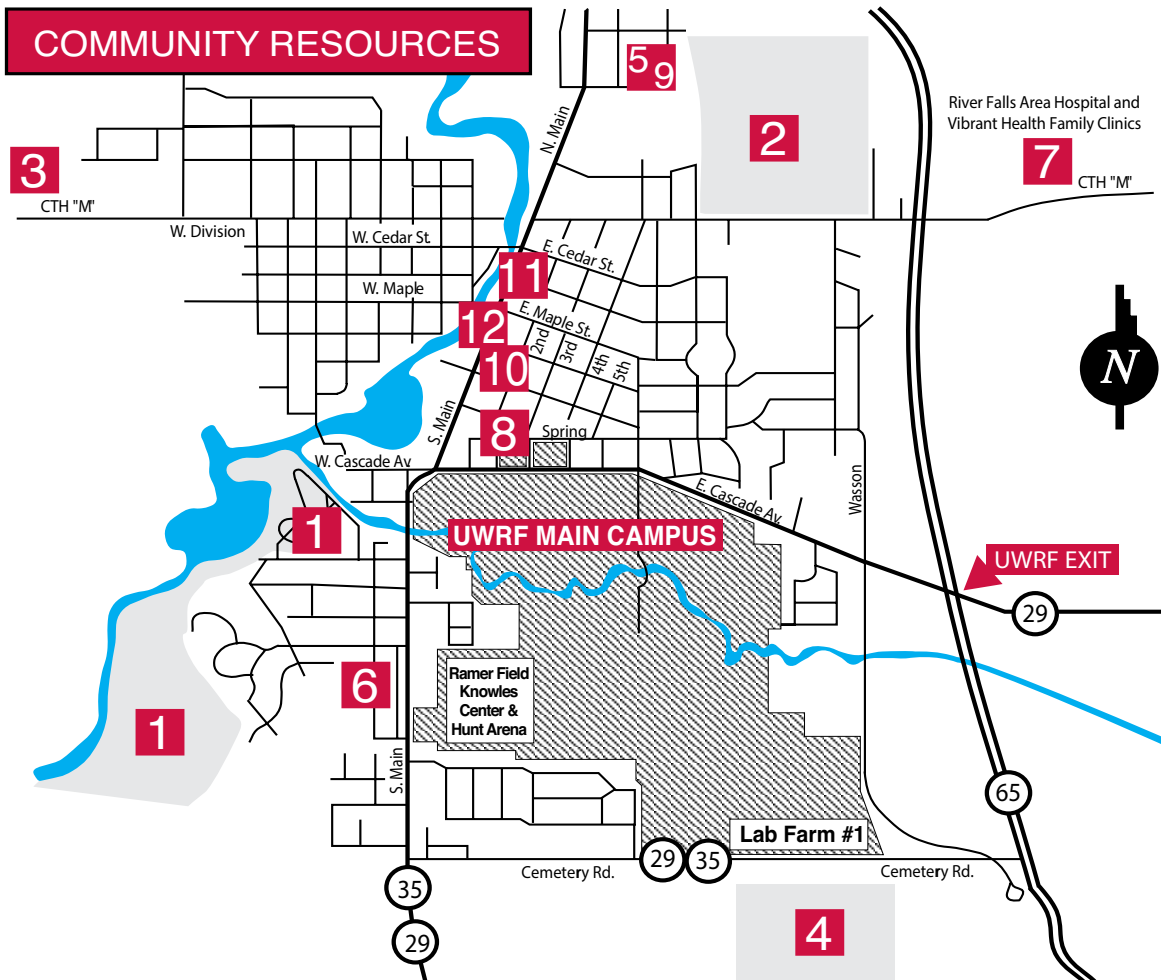


COMMUNITY RESOURCES



Did you know?

According to the 2015 UWRF National College Health Assessment:

24.5% of UWRF students do not exercise regularly.

53.8% of UWRF students exercise 1-4 days a week.

21.7% exercise five or more days a week.

Exercising regularly helps increase your metabolism, which will help you lose weight and keep it off.

Weekly Wellness Activities available on campus.

All weekly activities are FREE!
For details go to:

<http://www.uwrf.edu/StudentHealthAndCounseling/Wellness/WellnessEvents.cfm>

Don't know where to start or what to do?

Contact:

Student Health & Counseling Services
211 Hagestad
(715) 425-3293
<http://www.uwrf.edu/StudentHealthandCounseling>

Guide to Staying Fit in River Falls 2015-2016



DIRECTORY

Outdoor Recreation

- 1. Glen Park**
Miles of trails along the Kinnickinnic River
Volleyball, basketball and pickle ball courts,
baseball diamond, outdoor swimming pool.
- 2. Hoffman Park**
Baseball diamond, volleyball courts, sledding
hill, and frisbee golf. Trails at the back of the
park up the hill.
- 3. Descancits Park Trails**
.75 mile bike, rollerblade and walking path.
- 4. River Falls High School**
Indoor/Outdoor track, baseball fields, tennis
courts, indoor swimming pool. 715-425-1831

Fitness Centers/Classes

- 5. River City Ironworx and Community Fitness**
264 Troy Street 715-425-5880
- 6. Snap Fitness** 1025 South Main Street 715-425-9330
- 7. Hospital Wellness and Fitness Center**
1629 East Division Street 715-307-6060
- 8. Anytime Fitness** 114 Spring Street 715-425-0225
- 9. Real Fit 6** 264 Troy Street 651-216-5830
- 10. Peek-A-Boo Boxing** 112 E. Walnut Street 715-220-0284

Women Only

- 11. In Balance Yoga and Fitness**
216 N. Main St. Suite J. 715-307-0543
- 12. Curves** 111 E. Walnut Street 715-425-2242



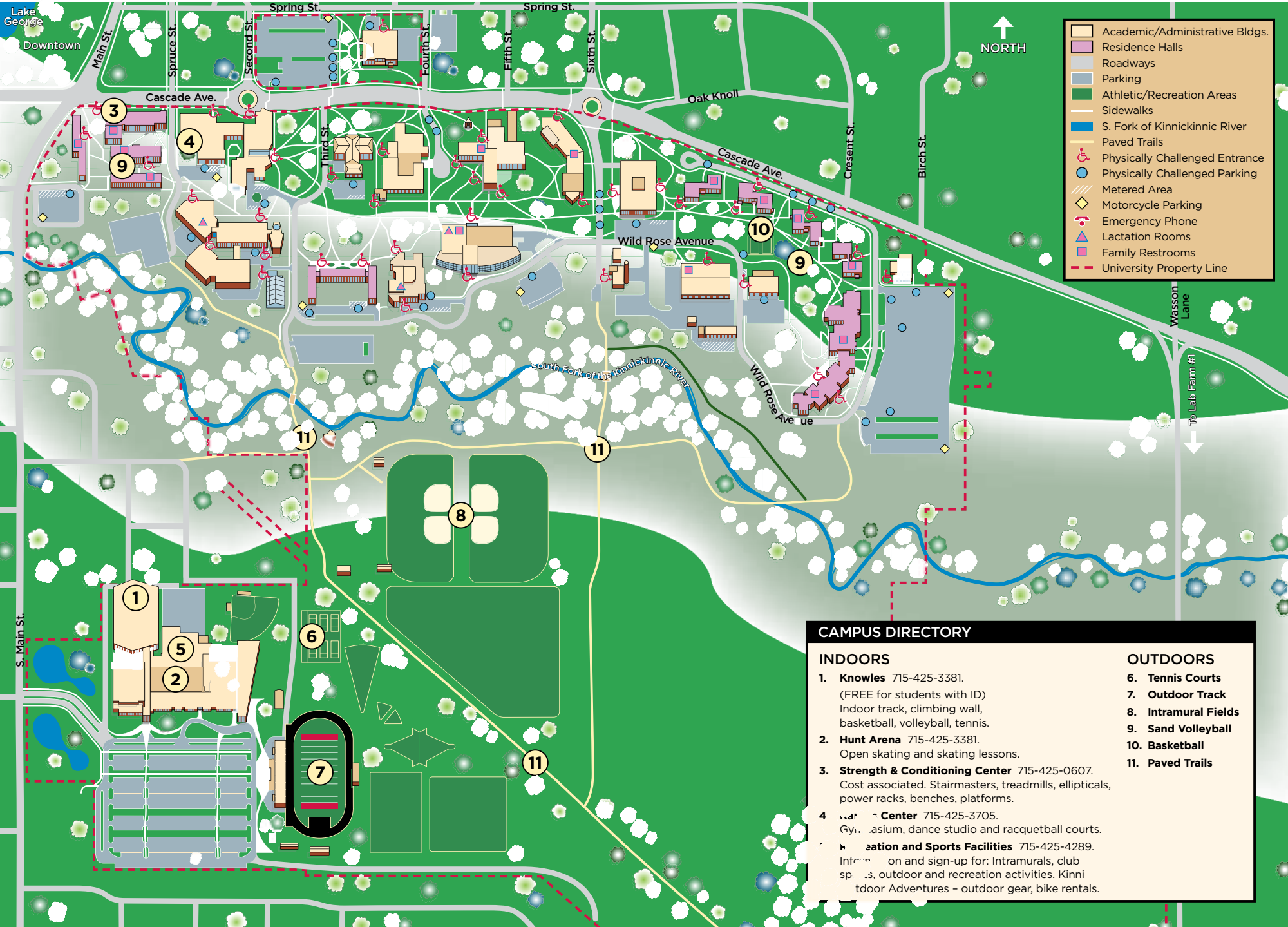
UNIVERSITY OF
WISCONSIN **River Falls**
DIVISION OF STUDENT AFFAIRS

Your Resource For:
Maps/Exercise Tips/Data/Campus Resources

Presented By:
**UWRF Student Health
& Counseling Services**

UNIVERSITY OF
WISCONSIN **River Falls**

Places to enjoy physical activity and fitness at the **UNIVERSITY OF WISCONSIN** **River Falls**



Tips to start and continue getting active

- Enjoy your activities.
- Be active with someone else.
A workout buddy will make exercising more enjoyable and will help keep you motivated.
- Start small and build.

Fun Activities to do in River Falls

- Go hiking in Glen Park.
- Walk the trails behind campus with a friend.
- Join an intramural team.
- Play a game of sand volleyball.
- Participate on a club sport team.

Benefits

- More energy.
- Improved sleep.
- Weight management.
- Increased motivation.

How long should I exercise?

“Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.”

US Department of Health and Human Services 2008
Physical Activity Guidelines for Americans

How intense should my activity be?

The Talk Test is an easy guide to help you determine the correct exercise intensity.

- If you can talk without too much difficulty, while you are exercising, you are most likely in your ideal intensity range.
- If you are really breathing hard and you can barely talk, you are probably working at a very high intensity.
- If you can quote extensive poetry without pausing for a breath you probably need to step it up a little