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. Descansits 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 651-216-5830
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

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
Places to enjoy physical activity and fitness at the University of Wisconsin River Falls

**CAMPUS DIRECTORY**

**INDOORS**
1. Knowles 715-425-3381
   - (FREE for students with ID)
   - Indoor track, climbing wall, basketball, volleyball, tennis.
2. Hunt Arena 715-425-3381
   - Open skating and skating lessons.
3. Strength & Conditioning Center 715-425-0607
   - Cost associated: Stairmasters, treadmills, ellipticals, power racks, benches, platforms.
4. **Center** 715-425-3705
   - Gym, studio, dance studio and racquetball courts.
5. Aquatics Center 715-425-3899
6. **Office** 715-425-3705
   - Recreation and Sports Facilities.
7. **Office** 715-425-3705
   - Outdoor and recreation activities. Kinni River Adventures – outdoor gear, bike rentals.

**OUTDOORS**
8. Tennis Courts
9. Intramural Fields
10. Sand Volleyball
11. Basketball
12. Paved Trails

**Academic/Administrative Bldgs.**
- Residence Halls
- Roadways
- Parking
- Athletic/Recreation Areas
- Sidewalks
- S. Fork of Kinnickinnic River
- Paved Trails
- Physically Challenged Enhance
- Physically Challenged Parking
- Metered Area
- Motorcycle Parking
- Emergency Phone
- Lactation Rooms
- Family Restrooms
- University Property Line

**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 quote extensive poetry without pausing for a breath you probably need to step it up a little.
- 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.