Winona State University
Integrated Wellness Complex and Fitness Center Joint Report to SFMC
February 3, 2015

The 90,000 square foot Integrated Wellness Complex (IWC) opened in September 2010 and is in its fourth year of operation.

The facility includes the following:
- Fitness/Wellness Center
- Intramurals
- Health & Wellness Services
- Counseling & Wellness Services
- Outdoor Education & Recreation Center
- HERS Nutritional Sciences Lab; Rehabilitative Sciences Lab
- PESS Classroom
- Athletics Administrative Offices and Hall of Fame
- Parkview Pharmacy
- Perform Well Juice Bar

The IWC is an important investment as we define how our university community lives, learns and works now and in future generations. Health and wellness are among the most important challenges facing our region and, indeed, our nation. The IWC is a catalyst for new ideas and innovative solutions that improve our world.

The complex serves as a comprehensive health and wellness education resource engaging, inspiring and fostering an environment of shared knowledge and experiences with our community. The IWC provides much needed academic space, an integrated approach to student health services and a stronger emphasis on wellness for all members of our Winona State community.

The IWC supports expanded academic and research programs focused on healthcare and wellness, provides a platform for developing new degree programs, such as cardiac rehabilitation, that helps solve the healthcare workforce crisis in our region; advances new healthcare technologies; and invites new partners, such as Winona Health and other healthcare, fitness, and wellness organizations to collaborate with our students, faculty, and staff.

We are all cognizant of the financial strain that is faced by students, faculty, staff and the entire university system. Being mindful of this we request SFMC for a 0% increase to the Wellness Center Fee.

Note: We may have steady increases in our costs for the fitness center, due to the significant increase that our operating maintenance of equipment is beginning to experiencing. Overall, the IWC will also experience cost increases.
Quick Facts about the Fitness Center

1. The Fitness Center hosts an average of 1,200 to nearly 2,000 students/patrons per day. Upwards of 250,000 patrons per year. This does not include the Fitness Studio’s numbers.

2. Fitness Center employs nearly 50 students between work-study and student help.
   a. This is primarily due to the increase in hours of the Fitness/Wellness facility and the expansion of the personal training and Lunch Time Fitness Programming.

3. Wellness Challenge: The Wellness Challenge consists of teams competing against each other by using tracking sheets (provided) and scoring points. This is a great way to get started on a healthy lifestyle, meet friends, look and feel better.
   a. 2012 we had 20 teams participating, 200 persons.

4. Lunch Time Fitness: The Lunch Time Fitness Program came about from collaboration with the HERS department, particularly the 350 wellness programming class. It is one of our initial ventures looking into specifically providing programming for WSU employees. We have had great participation and look to continue and expand in this area.

5. Employee Wellness Program: This program was developed in collaboration with the HERS Department, based off of findings from a survey conducted by the HERS 350 Program Planning course in Spring 2013. The Employee Wellness Program was piloted in Fall 2013 and is still in operation, totaling four semesters. This program is unique in that it involves students implementing the health and wellness program for the employees. There are HERS practicum students serving as personal trainers and the program has expanded to include Nursing students implementing a condensed Diabetes Prevention Program. Since its beginning until now, the EWP has served about 130 employees and about 50 students. This program also collaborates with Winona Health and the Outdoor Education and Recreation Center.

6. TRY-athlon: This event started with the HERS Department. It is an indoor triathlon for WSU and SE Technical college students, staff and faculty wanting to try a triathlon without the pressure of time constraints. It is a way for people to compete with themselves. There are beginner, intermediate and advanced experiences for participants. This Spring semester will be its third year.

7. We continue collaborating with the Morrie Miller Foundation. One of our goals in this collaboration is the expansion of opportunities for Winona State University Students. In providing all Fitness/Strength and Conditioning to all Winona area Junior and Senior High Schools, WSU students receive experiential learning at the Winona area schools.
With this commitment from the Miller Foundation we have been able to add several Winona State University student positions. This year we have added Cotter private school to this list, which increases the number of opportunities that WSU students can participate.

a. Partnerships: Collaborative efforts with other wellness related agencies have been established. We contract with Southeast Technical College for Message Therapy, which is available at minimal cost to the WSU community. The agreements with Southeast Technical College have been a great benefit to both parties.

**Integrated Wellness Complex Updates**

1. The IWC is approaching five years of operation. Various repairs and upgrades are, and will continue to be, essential towards maintaining and enhancing the student experience:
   a. Routine/preventive maintenance
      i. Annual resurfacing of the basketball courts, fitness studio
      ii. Touch-ups of walls, handrails
   b. Improvements. Installation of:
      i. Panic buttons in Health and Counseling Services
      ii. Replacement well matts at entrances
      iii. Directional signage and hours of operation
      iv. Window graphic on atrium windows
      v. Water bottle fillers on first and second floors
      vi. Seven dimensions of wellness wall graphic
      vii. Information kiosk contract renewal
   c. Repairs
      i. Plumbing, i.e. restrooms
      ii. Walls, i.e. installation chair rails

2. IWC highlights over the past year:
   a. Multiple outreach partnerships with academic programs
   b. Introduction of collaborative special events such as TRYathlon, Zest Fest, Community Wellness Fair
   c. Doubled the number of student practicum opportunities to approximately 80
   d. Implementation of Sport Clubs Council (SCC)
   e. HERS 350 Needs Assessments conducted in Counseling Services, Health Services, Fitness and Intramurals
   f. Development of Integrated Wellness Training Model for gradual implementation
   g. Implementation of regional wellness conference
   h. Introduction of Employee Wellness Program
   i. Example for institutions near and far including, but not limited to, hosting site visits and conference calls with UW-Stevens Point, Nebraska-Lincoln, University of Minnesota, Lawrence University, Gustavus Adolphus, Wellesley College, Purdue, USC, UC-Davis, UW-River Falls, UC-Santa Barbara, Baylor, DePaul
   j. Implementation of Wellness Integration Council