MEET YOUR FALL 2011

Workout Buddies

Aaron Murray:
A senior double majoring in Health Education and Physical Education with a minor in coaching.
- Favorite physical activities: Rock climbing, weight lifting, racquetball, running.
- Available: Upon request
- Contact #(608)792-5147
- Email: ammurray07@winona.edu

Nicole Donaldson
A senior majoring in Health Promotion with a minor in Wellness Coaching and Marketing
- Favorite Physical Activities: Rollerblading, Interval Training, Hula Hooping
- Available upon request
- Contact #(763)350-3780

Tucker Blegen
A first year senior majoring in Spanish and Health Promotion with a Wellness Coaching Minor
- Favorite Physical Activities: yoga, long distance running, biking, hiking, circuit training
- Available generally Sundays and M-W afternoons and evenings
- Contact #(651)238-2091 or tblegen08@winona.edu

Charles Bach:
A junior majoring in Biology/PreMed with a minor in statistics.
- Favorite Physical Activities: Weight Training, Running
- Available: upon request
- Contact: 414-418-2852
- Email: cbach08@winona.edu

Ashley Stevens
A senior majoring in Community Health & School Health with a nutrition minor
- Favorite Physical Activities: biking, playing any type of sports, running (attempting to), jumping rope, attending fitness classes
- Available: Upon Request
- Contact #(763)516-3014
- Email: AStevens08@winona.edu

Kasi Johnson:
A junior majoring in Health Promotion with a minor in Wellness Coaching
- Favorite Physical Activities: running, volleyball, biking, hiking
- Available upon request
(Mornings work best!!)
- Contact email: KAJohnson09@winona.edu

Samantha Eide:
A 4th year double majoring in health promotion: Education & Community Health
- Favorite Physical Activities: running, biking, volleyball, and workout classes
- Available: upon request via email seide10@winona.edu (checked regularly)

WSU Health & Wellness Services/Health Promotion: A Health & Wellness Advocate Program