



Guide to Physical Activity, Tobacco Cessation, and Nutritious Foods



PHYSICAL ACTIVITY

Bowling	<p>South Park Lanes 333 18th St SE, Owatonna 507-451-2524 http://www.southparklanes.com/ Open Bowling – Mon-Wed: 3 pm – midnight, Thurs: 3 pm – 1 am, Fri: 2 pm – 1 am, Sat: 9 am – 1 am, Sun: 11:30 am – 12 am (midnight)</p>
Camping	<p>Hope Oak Knoll Campground 9545 County Road 3, Hope 507-451-2998 http://www.hikercentral.com/campgrounds/106543.html</p> <p>Rice Lake State Park 8485 Rose St., Owatonna 507-455-5871 http://www.dnr.state.mn.us/state_parks/rice_lake/index.html</p> <p>Riverview Campground 2554 SW 28th St., Owatonna 507-451-8050 http://www.riverviewcampgroundmn.com/</p>
Community Ed	<p>Owatonna Community Education 122 McKinley St E 507-444-7900 Visit the webpage to see the current brochure and offerings. http://www.owatonna.k12.mn.us/Schools/Community%20Ed/Current%20Brochures.htm</p>
Dance	<p>Jill Hoggard Academy of Dance 255 SE 22nd St., Owatonna 507-451-0074 www.danceowatonna.com</p> <p style="text-align: center;">Ask about adult classes too!</p> <p>Just for Kix 319 N. Cedar Ave., Owatonna 507-402-5081 www.justforkix.com/danceclasses/owatonna_mn</p> <p>Owatonna Community Education 122 McKinley St E 507-444-7900 Visit the webpage to see the current brochure and offerings. http://www.owatonna.k12.mn.us/Schools/Community%20Ed/Current%20Brochures.htm</p>
Fitness Centers	<p>Anytime Fitness 1100 W Frontage Rd, Suite 150, Owatonna 507-451-0144 www.anytimefitness.com/en-us/clubs/84/Owatonna-MN-health-club</p> <p>Curves for Women 1828 Cedar Ave S, Owatonna 507-455-4060 www.curveslocal.com/1294/</p> <p>Lerberg's Fitness Center 118 5th Ave, Ellendale 507-684-2471</p>

	<p>M.C. Fitness 1120 Hoffman Dr, Owatonna 507-451-8833</p> <p>Snap Fitness 1824 Cedar Ave S, Owatonna www.snapfitness.com 507-455-3500</p> <p>West Hills Tennis & Fitness Center 502 Dunnell Dr W, Owatonna 507-444-4290 http://ci.owatonna.mn.us/parksrecreation/west-hills-tennis-and-fitness/</p>
Golf Courses	<p>Adventure Greens Miniature Golf 175 Landmark Dr NE, Owatonna http://www.adventuregreens.com/ 507-451-2431</p> <p>Blooming Prairie Country Club 7701 118th St SE, Blooming Prairie Blooming Prairie Country Club 507-583-2887</p> <p>Brooktree 1369 Cherry St, Owatonna 507-444-2467 http://ci.owatonna.mn.us/parksrecreation/brooktree-golf-course/</p> <p>Havana Hills Par 3 Golf & Driving Range 2213 34th Ave NE, Owatonna 507-451-2577 www.golf.com/golf/courses_travel/coursefinder/course/0,28290,1469059,00.html</p> <p>Owatonna Country Club 1991 Lemond Rd. http://owatonnacc.com/ 507-451-1363</p>
Ice Skating/Rinks	<p>Four Seasons Centre Owatonna Fairgrounds, 1525 Elm Ave S 507-451-1093 http://www.co.steele.mn.us/departments/four_seasons_centre/index.html</p> <p>Morehouse Park http://ci.owatonna.mn.us/parksrecreation/ 507-444-4321</p>
Recreation & more...	<p>Bike & Skate Park Morehouse Park, Owatonna 507-446-2330 http://ci.owatonna.mn.us/parksrecreation/skate-park/</p> <p>Owatonna Community Education 122 McKinley St E 507-444-7900 Visit the webpage to see the current brochure and offerings. http://www.owatonna.k12.mn.us/Schools/Community%20Ed/Current%20Brochures.htm</p> <p>Owatonna Park & Recreation 540 West Hills Circle 507-444-4321 http://ci.owatonna.mn.us/parksrecreation/</p> <p>Steele County Parks Crane Creek, Hope School, and Beaver Lake 507-451-1093 http://www.co.steele.mn.us/steele_county_park_locations.html</p> <p>Straight River Sports & Fitness 222 W. Bridge St, Owatonna 507-451-1666 Spin Classes and scheduled bike rides. http://straightriversports.com/</p>

	Tae kwondo - NTI: National Taekwondo Institute 212 W. Bridge St., Owatonna www.ntischools.com	507-456-0550
Seniors	Chair Aerobics & Weight Training Owatonna Hospital 2250 26 th St NW www.owatonnahospital.com/ahs/owatonna.nsf/page/senior_wellness	507-977-2150
	Senior Place Activities 500 Dunnell Dr, Owatonna http://ci.owatonna.mn.us/parksrecreation/senior-place/health-wellness/ Table Tennis, chair aerobics, weight training, dancing, pickle ball and more!	507-444-4280
Tennis	Owatonna Park & Recreation – various parks 540 West Hills Circle http://ci.owatonna.mn.us/parksrecreation/	507-444-4321
	West Hills Tennis & Fitness Center 502 Dunnell Dr W, Owatonna http://ci.owatonna.mn.us/parksrecreation/west-hills-tennis-and-fitness/	507-444-4290
Yoga & Pilates	Owatonna Community Education 122 McKinley St E Visit the webpage to see the current brochure and offerings. http://www.owatonna.k12.mn.us/Schools/Community%20Ed/Current%20Brochures.htm	507-444-7900
	Yoga & Wellness Center 122 Oak Ave S, Owatonna www.yogawellnessmn.com	507-390-0279
Walk/Hike/Bike/Trails	Owatonna's Historic Downtown Walking Tour http://www.owatonna.org/visit/poi.php	
	Owatonna Park & Recreation – Kaplan's woods & trails 540 West Hills Circle http://ci.owatonna.mn.us/parksrecreation/trails/ for current trail maps	507-444-4321
	Rice Lake State Park 8485 Rose St., Owatonna http://www.dnr.state.mn.us/state_parks/rice_lake/index.html	507-455-5871
Water Activities	Beaver Lake County Rd. 28, ½ mile north of Highway 30 – west of Ellendale	507-451-1093
	Medford City Pool 205 2 nd Ave SE, Medford http://www.medfordminnesota.com/poolpolicies.html	507-455-0193
	Owatonna Country Club Pool 1991 Lemond Rd http://owatonnacc.com/	507-451-5942
	Owatonna Junior High Pool 500 15 th St NE Contact Park & Rec for more information	507-444-4321

	Owatonna Community Education 122 McKinley St E http://www.owatonna.k12.mn.us/Schools/Community%20Ed/Current%20Brochures.htm	507-444-7900
	Owatonna Park & Recreation – Lake Chase, Lake Kohlmeier 540 West Hills Circle http://ci.owatonna.mn.us/parksrecreation/	507-444-4321
	Pine Springs Pool 1 st Ave & 1 st St NW, Blooming Prairie http://www.bloomingprairie.com/index.asp?Type=B_BASIC&SEC={D3D4D57B-9F11-4408-AD27-41F61278FD42}	507-583-7401
	River Springs Water Park 3065 St. Paul Rd, Owatonna http://ci.owatonna.mn.us/parksrecreation/river-springs-water-park/	507-774-7370
	West Hills Pool 502 Dunnell Dr W., Owatonna Contact Park & Rec for more information	507-444-4290

NUTRITIOUS FOODS

Clinton Falls Farm

www.clintonfallsfarm.com

507-446-8045

Community Supported Agriculture, also known as "CSA" connects you with a local farm in your community, leveraging closer proximity for fresher, more nutritious produce with fewer negative impacts on our environment. Both you and the farmer benefit from the partnership.

Eat Well Guide

Similar to MN Grown Directory (see below).

<http://www.eatwellguide.org/i.php?pd=Home>

Harvest Co-op

137 Front St E, Owatonna

507-451-0340

Hours: M - F 9:30 am – 5:30 pm Sat. 9 am – 1 pm

Johnson Oakside Orchards (Mid Sept – mid Nov)

9824 SW 75th St., Ellendale

507-465-8398

Sunday afternoons - noon – 5 p.m.

MN Grown Directory

The Minnesota Grown Directory has 840 locations where you can purchase directly from the farmer!

Includes farmers markets, Community Supported Agriculture farms, garden centers, berry farms,

orchards and more! <http://www3.mda.state.mn.us/mngrown/>

O-WATA-Farm – Egg Shares

3774 24th Ave NE, Owatonna

507-446-0510

www.owatafarm.com

CSA – Community Supported Agriculture

Owatonna Farmer's Market

Location - Central Park

507-455-0969

- May – October
- Saturday mornings 7 a.m. – noon
- Thursdays – during 11 @ 7 p.m. concerts in the summer
- Produce, eggs, plants, crafts, baked goods and more!

Contact John Meixner
Little Professor Bookstore

Prairie Harvest Farm

78513 340th St., Ellendale

507-402-9507

www.prairieharvestfarm.blogspot.com CSA – Community Supported Agriculture

WIC – Women, Infants, & Children

Steele County Public Health

507-444-7660

635 Florence Ave, Owatonna

A special supplemental nutrition program for qualified Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk. It provides nutritious foods to supplement diets, information on healthy eating and referrals to health care.

DIETITIANS

Eat Well Nutrition Therapy 202 ½ Cedar Ave N, PO Box 913, Owatonna Louanne Kaupa www.eatwellnutritiontherapy.com	507-390-0229
Hy-Vee 1620 Cedar Ave S, Owatonna Amy Scheuerell http://www.hy-vee.com/stores/dietitian/default.aspx?s=131	507-451-0138
CashWise 495 North St W, Owatonna Bethany Reyant http://www.cashwise.com/	507-451-7220

TOBACCO CESSATION

FREEDOM FROM SMOKING® CLINIC Freedom From Smoking® is an eight-session, seven-week smoking cessation clinic researched program developed by the American Lung Association. People that want to quit smoking can significantly increase their chances of successfully stopping smoking by participating in the group program. The \$200.00 clinic fee includes participant materials and other resources. <i>Contact:</i> Sarah Huyck, PharmD., R.Ph., Hy-Vee Owatonna, 507-451-0179	
QUITPLAN HELPLINE 1-888-354-PLAN (7526) Free tobacco cessation service. <ul style="list-style-type: none">▫ Professional phone counseling for ALL Minnesotans (may include nicotine replacement therapy).▫ The helpline is available to Spanish speakers and the hearing-impaired. Interpreter services are available for other languages▫ Online program www.quitplan.com▫ Quitplan at Work program www.quitplan.com	

Resource Guide sponsored by Steele County SHIP:



Working to reduce obesity and tobacco use/exposure in Minnesota.
For more information, contact the Steele County SHIP coordinator at 507-444-7661