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JULY 2022

# THE Bridges Browse

Bridging the gap between you and health.



WHAT WILL YOU TRY NEW THIS MONTH?!?!

**This Month's Theme:**  
Physical Activity

Learn about ways to improve your Health inside!



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Have a topic you want to see featured in this magazine?

Email us at:

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Website: [bridgeshealthwinona.org](http://bridgeshealthwinona.org)

## Bridges Locations & Services

### **Milton Town Hall**

S2794 WI-88, Fountain City, WI 54629

Services: Health Screenings, Foot and Nail Care, Ear Lavage, Massages, Blood Pressure Checks, Physical exams, School & Sport physicals

### **Sobieski Park Lodge**

965 7th St, Winona, MN 55987

Services: Health screenings, Foot and Nail Care, Ear Lavage, Massages, Blood Pressure Checks

### **Arcadia Elementary School**

358 E. River St, Arcadia, WI 54612

Services: Health promotion and health education

### **Bridges Connect**

Services: Caring calls, Empower Hour, Bridges Browse Magazines, Outreach

### **LifeGate Services**

1300 10th Ave NE, Rochester, MN 55906

Services: Health Screenings & Examinations, Physical & Mental Health Consultations, Foot & Nail Care, Oral Health Education

### **Winchester Wellness (RCTC – Heintz Center)**

1926 Collegeview Road SE, Rochester, MN 55904

Services: Dental cleanings, x-rays, fluoride application, wellness programming



# Community Resources

## **Assistance Programs 457-6200**

-SNAP food program, medical support, cash support, emergency assistance, child support.

## **Public Health 457-6400**

-WIC  
-Maternal Child Health Nurses  
-Follow Along Program  
-Medication management  
-Vaccinations

## **Project F.I.N.E 452-4100**

-Language Interpreters

## **Medical Transportation:**

### **Health Rides**

-Blue Plus 866-340-8648  
-SEMCAAC 507-864-7741  
-Rolling Hills 1-800-528-7622

### **Administrative Office 507-864-7741**

-Energy Assistance Program 1-800-944-3281

### **Salvation Army Heat Share Program**

1-800-842-7279

### **Minnesota Gas Affordability Program**

1-800-492-4805

## **Food Shelf**

### **Winona Volunteer Services 452-5591**

-402 E. 2nd St., Winona, MN

### **St. Charles Resource Center 507-932-5203**

106 E. 11th St., St. Charles, MN 55972

## **Bridges Health**

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-Email:

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## **Mental Health Services**

### **Hiawatha Valley Mental Health Services**

**Main Office 454-4341**

-Therapy  
-Psychiatric Services  
-Medication maintenance  
-CD counseling and outpatient treatment  
**SCY Center 474-9320**  
-School Linked Mental Health Services  
-Children's Mental Health Case Management

-CTSS Skills

### **24 Hour Emergency Crisis Response**

844-274-7472

### **Family and Children's Center**

507- 453-9563

-601 Franklin St., Winona, MN

-Therapy (Individual and family), school aged day treatment, bridges preschool day treatment.

### **Acumen Counseling Services 855-855-**

6776

-Therapy

-DBT

### **Winona Health Behavioral Health Dept.**

454-2606

-Therapy

-Psychiatric Services

### **Grief and Loss Support Group Winona**

**Health 457-4382**

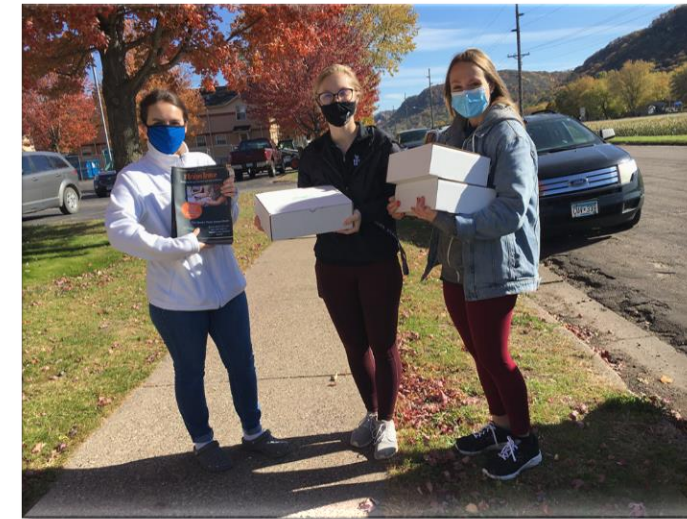
-Tuesdays 4:30 - 6:00 p.m.

### **Catholic Charities 454-2270**

-Counseling



# Who is Bridges Health?



We have created our Bridges Health virtual services to a Bridges To-Go delivery service for YOU.

Each subscriber receives a **FREE** bag of health encouraging goodies for you and your family.

Bridges Health is a **FREE** student-led, faculty-guided clinic that provides a variety of free health services. Our clinic is run by a variety of professions so we can deliver the most meaningful services. Our focus is on health & wellness, helping you identify & reach your health goals.

Contact us at:  
507-457-2891\*  
Email to subscribe:  
[bridgescommunityhealth@winona.edu](mailto:bridgescommunityhealth@winona.edu)

\*Call 911 for emergencies





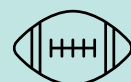
## This Month's Theme:



# Physical Activity



## Contents:



**What is Physical Activity?**  
**Physical Activity Benefits**



**Exercise Activity Examples**

**Age-Specific Exercise Recommendations**

**Community Exercise Resources**



**Physical Activity & COVID-19**

**Physical Activity & the Brain**



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# Resources

Centers for Disease Control and Prevention. (2022, April 27). *Benefits of physical activity*. Centers for Disease Control and Prevention. Retrieved June 30, 2022, from <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Centers for Disease Control and Prevention. (2022, June 30). *Clinical guidance for covid-19 vaccination*. Centers for Disease Control and Prevention. Retrieved June 30, 2022, from <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>

Centers for Disease Control and Prevention. (2022, May 20). *Physical activity and covid-19*. Centers for Disease Control and Prevention. Retrieved June 30, 2022, from <https://www.cdc.gov/physicalactivity/physical-activity-and-COVID-19.html>

*July national health observances: Hepatitis awareness and the importance of youth sports*. Office of Disease Prevention and Health Promotion. (2022, June 21). Retrieved June 30, 2022, from <https://health.gov/news/202206/july-national-health-observances-hepatitis-awareness-and-importance-youth-sports>

*Physical Activity Guidelines for Americans*. Office of Disease Prevention and Health Promotion. (2021, August 25). Retrieved June 30, 2022, from <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

U.S. Department of Health and Human Services. (n.d.). *Physical activity and your heart - what is physical activity?* National Heart Lung and Blood Institute. Retrieved June 30, 2022, from <https://www.nhlbi.nih.gov/health/heart/physical-activity>

# JULY WELLNESS

## Mindfulness

### Let's Take a Mindful Minute

Mindfulness means "being aware of what is happening right now and how you feel about it."

#### Close Your Eyes. Sit Quietly, and...

##### Breathe

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

##### Listen

Listen to the sounds around you, and think about how many sounds you can name.

##### See

Look at one item around you; and think about its shape, color, texture, and how it is made.

##### Touch

Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

##### Smile

Open your eyes, and enjoy the world around you.

### SUMMER 2022 READS



# PHYSICAL ACTIVITY- WHAT IS IT?

Physical activity includes any body movement that requires more work and energy than resting.

Aerobic, muscle-strengthening, bone-strengthening, balance, and flexibility activities are all types of physical activity.

Physical activity is recommended for everyone above the age of 3.

### BENEFITS OF PHYSICAL ACTIVITY

Reduce health risk



Improve brain health



Weight management



Strengthen muscles and bones



#### QUICK FACT:

If adults age 40+ were to increase their daily physical activity, even by 10 minutes, an estimated 110,000 deaths could be avoided each year in the United States.



# Some Great Exercise Examples Include...

## Low Intensity

- Walking at a slow pace
- Cooking activities
- Light household chores
- Stretching



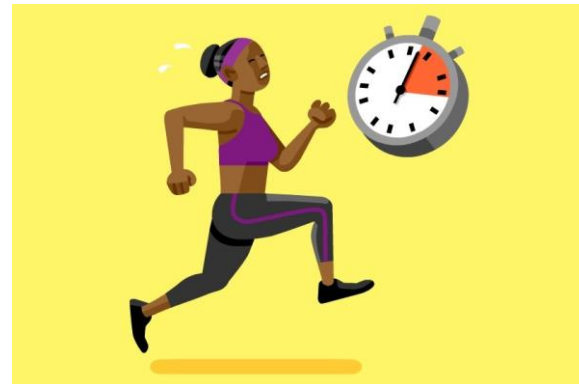
## Moderate Intensity

- Brisk walk
- Tennis
- Raking the yard
- Water aerobics
- Dancing
- Biking (less than 10mph)



## High Intensity

- Jogging/Running
- Strenuous exercise class
- Shoveling snow
- Hiking
- Cross country skiing



Color Time!



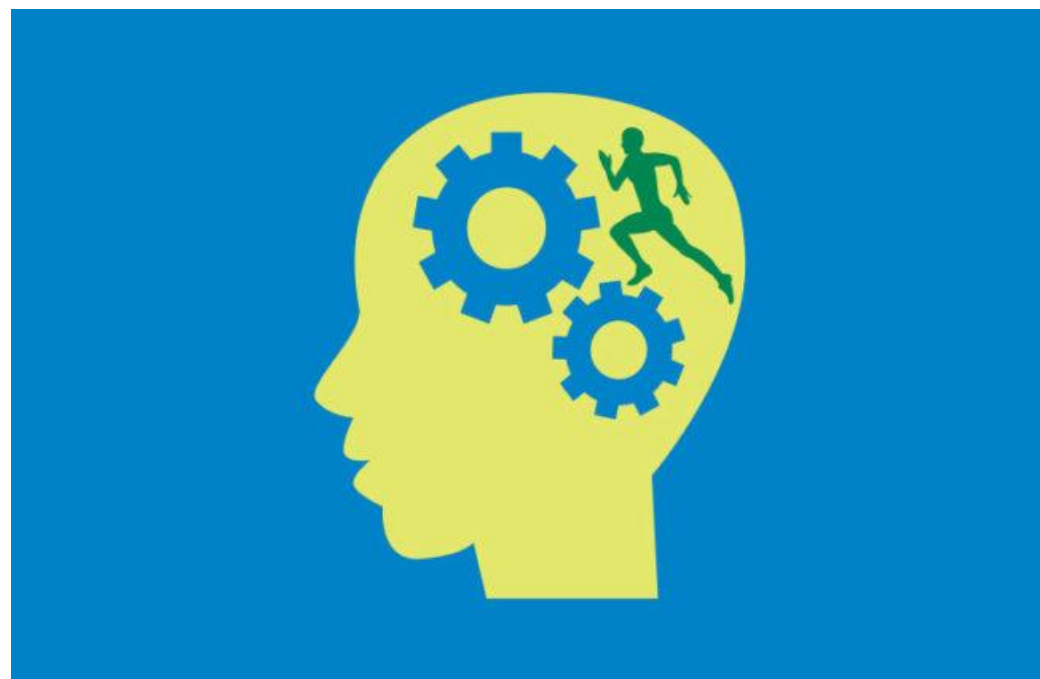
paint the world  
**SUPER**  
COLORING

# What does physical activity do for your brain?

## Physical Activity Improves:

- Cognition
  - Academic testing, processing speed, memory
- Anxiety and Depression
- Sleep
- Ability to organize and plan
- Ability to control emotions

Physical Activity decreases the risk of developing dementia and Alzheimer's Disease



# HOW MUCH EXERCISE SHOULD I GET?



## PRESCHOOL-AGED CHILDREN (3-5 YEARS)

- Physical activity every day throughout the day
- Active play with various enjoyable activities



## CHILDREN AND ADOLESCENTS (6-17 YEARS)

- 1 hour or more of moderate-high intensity physical activity daily



## ADULTS (18-64 YEARS)

- At least 150 minutes/ week of moderate intensity activity such as brisk walking.
- At least 2 days/week of muscle strengthening activities



## OLDER ADULTS (65 YEARS AND OLDER)

- At least 150 minutes/ week of moderate intensity activity such as brisk walking.
- At least 2 days/week of muscle strengthening activities
- Activities to improve balance such as standing on one foot

# July National Health Observance:

## IMPORTANCE OF YOUTH SPORTS

JULY 20-26: NATIONAL YOUTH SPORTS WEEK

### I PLAY! AFTERSCHOOL IMPROVES OUTCOMES

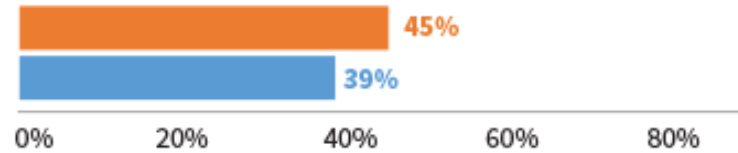
■ *i play!* afterschool program participants

■ School district average

#### RATE OF CHRONIC ABSENTEEISM



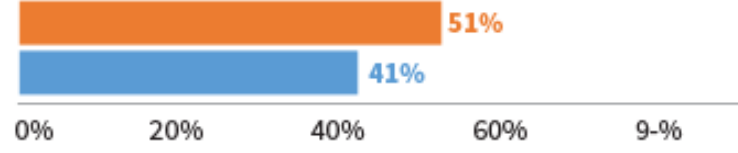
#### COLLEGE-READY IN MATH



#### RATE WITH BEHAVIOR INCIDENTS



#### COLLEGE-READY IN READING



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## WORD SEARCH

### Benefits of Physical Activity



- Weight
- Digestion
- Balance
- Self esteem
- Relationships
- Memory
- Growth
- Health
- Relaxation
- Sleep
- Sports
- Skin
- Mood
- Brain
- Confidence
- Energy
- Lungs
- Bones
- Muscles
- Heart



# Physical Activity and COVID-19

Those who do little to no physical activity are more likely to get very sick from COVID-19 than those who are physically active

**FACT!**  
Physical activity is associated with a decrease in COVID-19 hospitalizations and deaths, while inactivity increases that risk.



## School-Age Children

So, what kind of activity do I need?



**Get a mix of activity. Do things that:**



Strengthen your bones



Build your muscles



Make your heart beat faster



Um, strengthen my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

60 minutes all at once? I'm pretty busy.



Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



**Before school**

Walk to school or the bus stop!  
Dance around the living room!



**At recess**

Play with your friends!  
Swing on the monkey bars!



**After school**

Walk your dog!  
Go to basketball practice!



**So get moving! Do activities you enjoy!**

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's **your** move?



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# COMMUNITY EXERCISE RESOURCES

## Live Well Winona

- (507) 474-9825
- 24/7 Fitness Center

## Winona State University's Integrated Wellness Center (IWC) Strength & Fitness Center

- (507) 457-2929
- Group fitness classes available
- WSU students and faculty only

## Anytime Fitness

- (507) 494-0000
- 24 Hour Fitness Center

## Winona Family YMCA

- (507) 454-1520

## City of Winona Recreation

- (507) 457-8258
- Adult and Youth Sports Programs



What will you try?

When you subscribe to our Bridges To-Go services, you will receive a FREE bag of health promotional goodies!

## COVID 19 VACCINE UPDATES

On June 18, 2022, Pfizer-BioNTech and Moderna COVID 19 vaccines were authorized for children ages **6 months to 5 years.**

COVID-19 vaccination is recommended for everyone ages 6 months and older in the United States for the prevention of COVID-19.

Moderna and Pfizer-BioNTech 2nd Boosters: Adults age 50+ should get a 2nd booster at least 4 months after the first booster dose.