

## PARK RAPIDS ROTARY CLUB PROJECT

When the Park Rapids Schools needed new scoreboards for the high school gymnasium, Rotarian Irene Weis recognized the opportunity to be of service and with the support of fellow Rotarians brought this project to fruition. After meeting with the athletic director and superintendent, businesses were contacted to fill scoreboard advertising spots and quickly committed to the \$28,000 needed to pay for both scoreboards. Several of the businesses that signed up are Rotary member owned or affiliated. The club secured its spot for collaborating with the school, negotiating with the sign vendor, securing the advertisers and organizing the fundraising. The project fulfilled one of the goals set at a club visioning session last winter: raising student awareness of Rotary.



## **PARK RAPIDS ROTARY FITNESS PARK PROJECT**

Park Rapids Rotary has completed the second phase of the Fitness Park on the Century School campus.

Last summer, a water fountain connected to the city water system was installed as were a bike rack, benches and trash can. This fall landscaping has been completed. The Management Institute at RDO Equipment teamed up with Park Rapids Rotary members and Flying W Gardens to plant about 20 trees in October when RDO employees from across the country were at the company's training center on Long Lake. Jean Zimmerman, Executive Vice President of Organizational Development for RDO Equipment, said they reached out looking for community events while in training and decided to help Rotary with the Fitness Park project.

Site preparation was completed and five pieces of fitness/exercise equipment were installed in 2014 in partnership with the Park Rapids Schools to promote wellness within the community through activity, exercise and family time and facilitate a culture of wellness beginning at a young age through school-based activities. A Rotary Dist. 5580 grant was received for the initial work.

Rotarian Pat Sullivan said he was excited to be chairing the second phase of the Fitness Park. "Unlike exercise parks in other communities, the partnership between the Park Rapids Area Schools and the Rotary Club of Park Rapids allows an opportunity for members of the community and visitors alike to have access to an exercise park at no cost to the users."

The park is designed for three different levels of exercise from beginners to advanced so anyone can get the most benefit from each exercise. Each piece of equipment has a reference guide attached to maximize a workout. There is also a QR code that allows users who scan the code to pull up a video on a smart phone or tablet. The videos show the correct method for using each piece of equipment.

Along with the Park Rapid Schools, Community Education and CHI St. Joseph's Health's Move program have held classes at the Fitness Park. Communities' members are also using the park.

Plans for a third phase include adding a shelter at the site and working with the school on a fitness program that acknowledges students' achievements.



Photos by Rotarian Kevin Cederstrom