

News Release



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Minnesota Council on Physical Activity and Sports and Be Active Minnesota announce ninth annual Awards of Excellence

The Minnesota Council on Physical Activity and Sports and Be Active Minnesota today announced the recipients of their ninth annual Awards of Excellence. The awards are given to individuals, programs and community groups that help improve the health of Minnesotans through physical activity.

“This year’s awards recognize significant contributions to the promotion of physical activity in our state,” said council chair Dan Brevia. “Many people were involved in making these efforts work. These awards highlight Minnesota’s commitment to active people and communities.”

The Minnesota Council on Physical Activity and Sports promotes enjoyment and health for all people in Minnesota through physical activity and sports. The council is a statewide network of more than 375 individuals representing over 200 public and private organizations. The council is administered by the Minnesota Department of Health. Be Active Minnesota is a non-profit organization with a mission to improve the wellbeing of all people in Minnesota through the support and promotion of physical activity.

The following four award recipients will be recognized at local events throughout Minnesota.

Melpomene Institute, St. Paul – The Melpomene Institute for Women’s Health Research was founded in 1982 with the mission to provide information about the relationship between physical activity and girls’ and women’s health. The organization started when there was very little of this information available. The organization has worked to inspire girls and women to add physical activity to their lives in order to boost their self-confidence, their enjoyment of life, and their health. Accomplishments of Melpomene Institute include dissemination of research on physical activity through the *Melpomene Journal* published for 20 years, a speakers’ bureau and conference presentations, published books, fact sheets, and numerous media and community events including its annual 5K run/walk event. Recent accomplishments include a pilot project for an after-school running club and the annual Research Grant in Girls’ and Women’s Health and Physical Activity.

Midtown Greenway Coalition, Minneapolis – The Midtown Greenway Coalition is a grassroots organization dedicated to leading a community-based process to develop and continually improve a greenway and nonstop bikeway along the 29th Street railroad corridor in Minneapolis. The Coalition, formed in 1992, advocates for the completion, continued improvement, and use of the Midtown Greenway.

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The Midtown Greenway is a wide, two-lane bikeway and walking path crossing south Minneapolis from east-to-west and eventually connecting the Minneapolis Chain of Lakes to the Mississippi River. The western segment opened in 2000, the middle segment opened in 2004, and the last segment east to the River is scheduled to open in late 2006. The Midtown Greenway Coalition continues its work to increase use of the greenway through land use planning, rail transit advocacy, greening planning, public art, and outreach through media and community events.

Active Living Ramsey County!, Ramsey County – Active Living Ramsey County! is a countywide coalition started 18 months ago to create environments that build physical activity into daily life throughout Ramsey County. It is part of a national movement that is working to create and sustain changes in community design, transportation, and public and private policies and programs to encourage physical activity. The coalition is being lead by several county and city officials in Ramsey County. Coalition partners include community leaders, health professionals, city and county officials, school officials, state officials, community organizations members and committed county residents. Accomplishments of Active Living Ramsey County! include a community survey on physical activity and walkable-community workshops in eight locations. The coalition is developing a complete map of trails, bikeways, walkways, and parks in the county and will be assisting municipalities in making physical activity infrastructure a part of overall plans.

C.B. Richard Ellis, Minneapolis – The C.B. Richard Ellis corporation opened a fitness center at its office-leasing complex in downtown Minneapolis in December 2005. The Five Star Fitness Center is available to the more than 50 companies leasing office space in the Fifth Street Towers office complex. The fitness center offers state-of-the-art cardiovascular and strength training equipment, an exercise studio, personal training, fitness evaluations and lifestyle and disease management programs. Two full-time fitness center employees are available to lead classes, provide personal training and to assist the members with their workout routines. Current membership is 325 members and continues to grow. Plans for 2006 include a health fair, pedometer walking program and outdoor activity clubs for walking and running. C.B. Richard Ellis understands the value in providing fitness and wellness services to its tenants and has now set the pace for other tenant buildings in the area to provide these work-life opportunities for tenants.

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