

ProAct Newsletter – December 2008

Fitness Help From Minneapolis Ski Club

A Norwegian ski club with a strong interest in helping people stay fit made its mark at ProAct in Red Wing, where funds were donated for a Wii video system, a special exercise bike and a trampoline

The Minneapolis based club, called ULLR, and, specifically, its Foundation, gave \$1,150 for the purchase of fitness equipment. The ULLR Foundation is part of the ULLR Ski, Bike and Social Club (ullr.org).

“We were looking to give some money for nonprofits and thought of ProAct,” said ULLR Foundation Vice President Nancy Keyes, who has a son in the Red Wing program.

The Wii console and accessories will allow for physical activities indoors for multiple users, as will a small trampoline. The “In Stride Cycle” is a bicycle that can be operated by someone in a chair.

ProAct Case Manager Sarah Kopp said the new equipment will help promote healthy exercise and teamwork, along with improved



From left, Sally Ogren, ProAct's Red Wing director of programs; Joan Roe, president of the ULLR Foundation; Nancy Keyes, vice president, ULLR Foundation; and ProAct Case Manager Sarah Kopp.

coordination and stamina. She and Red Wing Director of Programs Sally Ogren thanked Keyes and ULLR Foundation President Joan Roe for the group's gift.

ULLR has also provided a number of “Sitskis” for ski slopes in the area. The group has 400 members and has given \$74,000 in equipment donations since 1997, Keyes explained.