

Healthy Workforce Culture Resources

Local Fitness Inventory
Online Wellness Tools & Information
Smoking Cessation Programs & Services

*Community Roundtable on Health and Productivity
Saint Joseph, Missouri*



Local Fitness Inventory

Fitness Centers

Anytime Fitness
1209 North Belt Highway
Baker Family Fitness Center - MWSU
4525 Downs Drive
Club Fit
5940 King Hill Avenue #C
Curves
2247 North Belt Highway
3504 South 22nd Street
HRMC Wellness Connections
5325 Faraon Street
Joyce Ray Patterson Senior Citizen Center
100 South 10th
Performance Plus Rehab Center
1802 North Woodbine Road
Team Calloway Family Health
2301 Saint Joseph Avenue
The Gym
618 Francis Street
YMCA
315 South 6th
Yu's Academy
1834 Frederick
YWCA
304 North 8th

Aerobics Classes

Anytime Fitness
1209 North Belt Highway
ATA Black Belt Academy
106 South Belt Highway
Joyce Ray Patterson Senior Citizen Center
100 South 10th
Missouri Western State University
4525 Downs Drive
Mitchell Park Plaza
1300 South 11th Street
YMCA
315 South 6th
Yoga Room
410 Felix Street
Yu's Academy
1834 Frederick
YWCA
304 North 8th
Zumba Class Searchable Directory
www.zumba.com/en-US/parties/search

Football Fields

Missouri Western State University
4525 Downs Drive
Central High School
Noyes Blvd & Messanie
Lafayette High School
412 East Highland
Benton High School
5655 South 4th Street
Bishop LeBlond High School
3529 Frederick Blvd
Saint Joseph Christian School
5401 Gene Field Rd

Soccer Fields

Missouri Western State University
4525 Downs Drive
Saint Joseph Soccer Association
Riverside and Gene Field
Bode Middle School
720 North Noyes
Spring Garden Middle School
5802 South 22nd Street

Baseball/Softball Fields

11th & Grand Ballfield
11th & Grand
Bartlett Park
30th and Duncan
Heritage Park
2202 Water Works Road
Hochman Park
4700 Pickett Road
Hyde Park
8th and Hyde Park Avenue
John Lucas Recreation Center
18th and Charles
Marion & Goff
2500 Marion & Goff
Missouri Western
4525 Downs Drive
Northside Complex
Saint Joseph Avenue & Karnes Road
Noyes Field
Noyes Blvd & Messanie
Phil Welch
2500 SW Parkway
South Park Complex/Drake Field
Commercial & 22nd Street



Local Fitness Inventory

Tennis Courts

Corby Tennis Courts
22nd Street & Corby Parkway
Saint Joseph Country Club
50 Ridgeland, Country Club Village
Hyde Park
8th and Hyde Park Avenue
John Lucas Recreation Center
18th and Charles
Missouri Western State University
4525 Downs Drive
Moila Country Club
701 North Noyes
Northside Complex
Saint Joseph Avenue and Karnes Road
Noyes Complex
Noyes Blvd and Messanie
Saint Joseph Tennis and Swim Club
3107 North Belt Highway

Basketball Courts

Bode Sports Complex
2500 SW Parkway
College Hill Park
12th and Henry
Hyde Park
8th and Hyde Park Avenue
John Lucas Recreation Center
18th and Charles
Missouri Western State University
4525 Downs Drive
Muchenberger Center
5th and Sycamore
Northside Complex
Saint Joseph Avenue & Karnes Road
YMCA
315 South 6th
YWCA
304 North 8th

Sand Volleyball Courts

Southside Family Fun Center
6938 King Hill Avenue
Volley's
210 North Belt Highway

Shuffleboard Courts

Northside Complex
Saint Joseph Avenue and Karnes Road

Golf Courses

Fairview
33rd and Pacific
Moila Country Club
701 North Noyes
Saint Joseph Country Club
50 Ridgeland, Country Club Village
The Golf Club of Saint Joseph
6480 SE Highway 169

Horseshoe Courts

Hyde Park
8th and Hyde Park Avenue
John Lucas Recreation Center
18th and Charles
Northside Complex
Saint Joseph Avenue and Karnes Road
Noyes Complex
Noyes Blvd and Messanie

Racquetball Courts

Northside Complex
Saint Joseph Avenue and Karnes Road
YMCA
315 South 6th

Skating Rinks

B&J Skate Center (roller-indoor)
6421 North Belt Highway
Bode Ice Arena (ice-indoor/roller-outdoor)
2500 SW Parkway

Skateboarding Areas

Bode Sports Complex
2500 SW Parkway
Hyde Park
8th and Hyde Park Avenue
Maple Leaf Parkway
Grand Avenue & Richardson

Fishing

Corby Pond
22nd Street & Corby Parkway
Missouri Western State University
4525 Downs Drive



Local Fitness Inventory

Outdoor Swimming Pools

Hyde Park
8th and Hyde Park Avenue
Moila Country Club
701 North Noyes
Northside Complex
Saint Joseph Avenue and Karnes Road
Noyes Complex
Noyes Blvd and Messanie
Saint Joseph Country Club
50 Ridgeland, Country Club Village
Saint Joseph Tennis and Swim Club
3107 North Belt Highway

Indoor Swimming Pools

Missouri Western State University
4525 Downs Drive
Ramada Inn – Monkey Cove
4016 Frederick Ave
YMCA
315 South 6th
YWCA
304 North 8th

Hike/Bike Trails

Saint Joseph Urban Trail System
www.ci.st-joseph.mo.us/parks/urbantrailsystem.cfm
Saint Joseph Cycling (mountain & road)
www.ci.st-joseph.mo.us/parks/cycling.cfm
Maps and Additional Information
See enclosed "Trails to Health" brochure

Public School Based Programs/Facilities

Saint Joseph School District
<http://web.sjsd.k12.mo.us/>

Playgrounds

Bartlett Park
30th and Duncan
College Hill Park
12th and Henry
Heritage Park
2202 Water Works Road
Hochman Park
4700 Pickett Road
Huston Wyeth Park
Poulin St. west to Elwood St.
Hyde Park
8th and Hyde Park Avenue
John Lucas Recreation Center
18th and Charles
Krug Park
3500 Saint Joseph Avenue
Leonard Road Access
4600 Cheyenne
Maple Leaf Parkway
Grand Avenue & Richardson
Muchenberger Center
5th and Sycamore
Northside Complex
Saint Joseph Avenue & Karnes Road
Mary Park
28th & Parkway A
Patee Park
9th and 10th, Seneca to Penn
Remington Nature Center
2502 McArthur Drive
Rest Square Park
2200 Pacific
South Park Complex/Drake Field
Commercial & 22nd Street



Online Wellness Tools & Health Information

Wellness Councils of America (WELCOA)

www.welcoa.org

American Journal of Health Promotion

www.healthpromotionjournal.com

Walking-biking expansion, advocacy and promotion resources

www.walkinginfo.org

Active Living projects & research, healthy eating

www.activelivingbydesign.org

Healthier America Project

www.healthyamericans.org

Missouri Council on Activity and Nutrition (MOCAN) Official Website

www.mocan.org

TrailNet Community Toolkit

www.trailnet.org/our-work/community-toolkit

National Center on Physical Activity and Disability

www.ncpad.org

Americans for Nonsmoker's Rights

www.no-smoke.org

Saint Joseph Area Health Statistics

www.stjoehealthinfo.org

Centers for Disease Control and Prevention (CDC) Health Promotion Section

www.cdc.gov

Cooper Institute Aerobic Center

www.cooperaerobics.com

Department of Health

www.dhss.state.mo.us

State/County Socioeconomic and Health

www.oseda.missouri.edu

Community Data Mart

www.nwmoinfo.org

Tools for Community Health Strategy

www.preventioninstitute.org

Jacksonville, FL Community Plan and metrics

www.jcci.org/default.aspx

Family Affirming Wages, calculator

apps.odesa.missouri.edu/familywagecalc/

Health Status of American counties (education/jobs/health)

www.countyhealthrankings.org



2011 St. Joseph & Surrounding Areas

Community Smoking and Tobacco Use Cessation Programs

Smoking Cessation Programs - Group Meetings/Individual Counseling			
Cessation Programs by Name	Course Description	Available Program Providers	Contact Info
Freedom From Smoking®	Freedom from Smoking is an intensive 7 week, 8 session program that encourages people to work on the process of quitting smoking as a group. In this program, participants meet weekly except for quit week, in which there are two sessions scheduled. Participants try to quit smoking together as a group on the fourth week after learning about their smoking behavior and developing their specific individual plan. Participants receive a workbook from the American Lung Association which has activities and assignments to provide the individual with proven strategies for changing their behavior and lifestyle. Program may be offered at a workplace setting or at a public venue and is highly successful.	Andrew County Health Department Heartland Wellness Connections Northwest Tobacco Use Prevention Coalition	(816) 271-5327
Beat the Pack®	The Beat the Pack program is a smoking cessation program for implementation in the workplace. It gives workers who want to quit smoking cigarettes the support, tools, and information on leading practices for quitting smoking. The program consists of four 30 minute sessions.	Andrew County Health Department Heartland Wellness Connections Saint Joseph Health Department Social Welfare Board	(816) 271-5327
Know Your Health - A New Look at Why I Smoke and How to Quit®	The Know Your Health is a 30 minute informational program designed to educate smokers who are motivated to quit on the health consequences of smoking and cessation, and the steps/tools to help people quit.	Andrew County Health Department Heartland Wellness Connections Saint Joseph Health Department Social Welfare Board	(816) 271-5327
Tobacco Free Clinic	Each Tobacco Free Clinic consists of 8 daily sessions lasting 1 1/2 hours. Clinics are typically scheduled once a quarter. This is an all natural program, which will help teach how to quit smoking without gaining weight.	Emmanuel Seventh Day Adventist Church	(816) 237-6480
Road to Freedom	Wellness Connections Tobacco Cessation "Road to Freedom" involves a 2 part series on tobacco cessation. Two class sessions lasting 1 1/2 hour each are given one week apart. The first class is an informational session regarding nicotine addiction, ways to quit, including information on medication support and behavior modification. The second class session will help you determine what kind of smoker you are, help you develop your plan for quitting, help you set your quit date and avoid relapse.	Heartland Wellness Connections	(816) 271-7145

2011 St. Joseph & Surrounding Areas

Community Smoking and Tobacco Use Cessation Programs

Smoking Cessation Programs - Group Meetings/Individual Counseling, cont'd.			
Cessation Programs by Name	Course Description	Available Program Providers	Contact Info
<i>Individual Counseling</i>	Those that are ready to set a quit date may schedule a one on one time with the counselor to set up their plan to quit. Client should allow 1 hour to 1 ½ hour for session. Client will look at behavioral changes needed to be successful in quitting. Client is followed up by phone call to help troubleshoot any problems during quitting process.	Heartland Wellness Connections	(816) 271-7145
<i>Individual Counseling</i>	For persons who qualify for Social Welfare Board's services, individual counseling may be available as needed. Smoking cessation medication may be provided as well.	Social Welfare Board	(816) 233-5188

Toll Free Smoking or Smokeless Tobacco Cessation Services	
Program	Phone Number
Missouri Quit Line	1-800-QUIT-NOW
Kansas Quit Line	1-866-KAN-STOP
Cancer Information Services	1-877-44U-QUIT
American Legacy Foundation Great Start - Pregnant Smokers	1-866-66-START

Website Smoking or Smokeless Tobacco Cessation Services		
Program	Charge	Website
Freedom From Smoking American Lung Association	Basic - Free Premium - \$15 for 3 months or \$40 for 1 year	www.ffsonline.org
Become An Ex National Alliance for Tobacco Cessation	Free	www.Becomeanex.org