



"Building healthy communities by fostering charitable support for the Osceola Medical Center and the health related needs of the people in the upper St. Croix Valley."

For Immediate Release

Contact: Sue Gerlach, Foundation Director, 715-294-5789

Medical center to add fitness trail

A new, public fitness trail is in the works for Osceola, WI. The half-mile loop promises to provide a safe place for community members interested in walking and fitness opportunities.

The paved, eight-foot-wide trail will offer enough room for leisurely walks, fast-paced walks and running, according to Sue Gerlach, director of the Osceola Community Health Foundation. If you want a challenge, the trail also will offer fitness stations with additional exercise opportunities. Rest areas will also be part of the design for those interested in a scenic break to take in the sunshine.

Along the route will be six stations equipped with outdoor exercise equipment. The equipment will include a core trainer, arm presses and an elliptical machine.

The trail will use land in front of Osceola Medical Center and Wild River Fitness. It continues a multi-year-goal to create a health-care campus that will provide health, fitness and senior care. Christian Community Home of Osceola joins the fitness center and medical center as anchors of this health campus. Soccer fields for youth are already on the campus.

Funding for construction of the trail is being spearheaded by the foundation. Some 70 percent of the funds needed to build the trail have been collected, which will be used this fall to create the trail. The remaining funds will be raised over the course of the winter for a spring installation of the exercise equipment.

For more information, contact Gerlach at 715-294-5789.

Fitness Trail of Osceola



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