

## Important Dates in Marsh History

- 1983:** Ruth Stricker and Bruce Dayton travel to Europe and Asia to study Health and Wellness.
- 1984:** Construction on The Marsh begins.
- 1985:** The Marsh opens its doors as a 30,000 square foot wellness center with group exercise (featuring spring loaded floors) studios, a small training center, a lap swimming pool, and a counter service snack shop. It is the first Mind Body wellness center in the Twin Cities.
- 1986:** The Marsh adds acupuncture and acupressure to its list of services.  
The Marsh hosts the first annual Turkey Trot 5K, which becomes a signature event.
- 1991:** The Marsh adds a Physical Therapy Department  
  
The University of Minnesota holds the first annual Ruth Stricker Mind-Body Lecture
- 1992:** Results of the Ruth Stricker Mind-Body Research Project, conducted by the University of Massachusetts Medical School, The Marsh and the Mind-body Institute at Harvard Medical School, reveal that exercise, combined with a cognitive approach, is superior to exercise alone. It reveals that the psychological benefits of exercise are immediate, whereas it can take a minimum of 12 weeks to change anything physically.  
  
The Marsh breaks ground for an expansion
- 1993:** The Marsh completes its expansion, doubling its size to 67,000 square feet. The Marsh now includes an expanded state-of-the-art training center with windows overlooking the marshland, a Warm Water Therapy Pool, a full service spa, a full service restaurant, a shop, a conference center, six overnight guest rooms, a full service spa and a new lobby. A cedar deck now spans the length of the building, overlooking the wetlands.
- 1994:** Ruth Stricker wins the Healthy American Fitness Leader Award from The President's Council on Physical Fitness  
  
The Marsh acquires the Makoto, the first computerized mind/body equipment in Minnesota. The Makoto engages the mind in play while conditioning the body.  
  
*Fitness Magazine* names The Marsh one of the 11 Best Health Clubs and the "best mind-body connection club in the country."
- 1996:** The Marsh introduces Pilates.
- 2004:** Ruth Stricker is awarded the Humanitarian of the Year Award by the International Spa Association
- 2006:** The Marsh replaces the Turkey Trot with the Nostalgic 5K, a smaller, more intimate event focusing on personal best.

**2010:**

The Single Whip, an important bronze abstract sculpture by famous Chinese sculptor Zhu Ming, is installed at the entrance to The Marsh. The sculpture depicts the Single Whip Tai Chi form and is symbolic of The Marsh philosophy of balance. It is placed at The Marsh entrance and within view of those passing by on Minnetonka Boulevard as a powerful visual reminder of the importance of balance to everyone in the community.