From: National Fitness Campaign on behalf of National Fitness Campaign <news@nfchq.com>
To: mayor@cityofclemson.org
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City of New Carrollton, MD Mayor Katrina Dodro is interviewed by PGCTV on the opening of the city's new Fitness Court® and Fitness Court® Studio.

Building a Healthier New Carrollton

"This is to make sure that we have equitable access to fitness opportunities for people of various sizes, abilities and age groups to find something that will work for them," ***Mayor Dodro shared with PGCTV***.

Partnering with NFC empowered New Carrollton to enhance Beckett Field with a new Fitness Court Studio and the Municipal Center with a Fitness Court that will break down barriers to outdoor exercise and create inclusive wellness hubs for all. By creating accessible, free fitness spaces, cities like New Carrollton are driving a movement toward healthier lifestyles, fostering a stronger, more engaged community.

Bring the Campaign to Your Community

Community Champion Spotlight

Chastity Johnson and Danny O'Neal - Lewiston, ME
This power couple visits the Fitness Court three times a week. "We end up walking afterward, we love being outdoors," Johnson says. O'Neal adds, "It has everything you want. There's good air, it's not cluttered — I prefer it to an indoor gym." *photo credit: Sun Journal*

Carrie Gieseke - Riverside, MO
The Fitness Court is just as much about mental health as it is about physical health. In honor of Suicide Prevention Month, *read Carrie's story on pushing through the pain after losing her brother and finding solace at the Fitness Court.*

NFC hears from thousands of citizens every year like Chastity, Danny and Carrie interested in bringing a Fitness Court and wellness programming to their local park or school. If this is you, we are ready to hear from you and help support your passion for accessible outdoor wellness.

Nominate Your Community or School to Receive a Fitness Court®

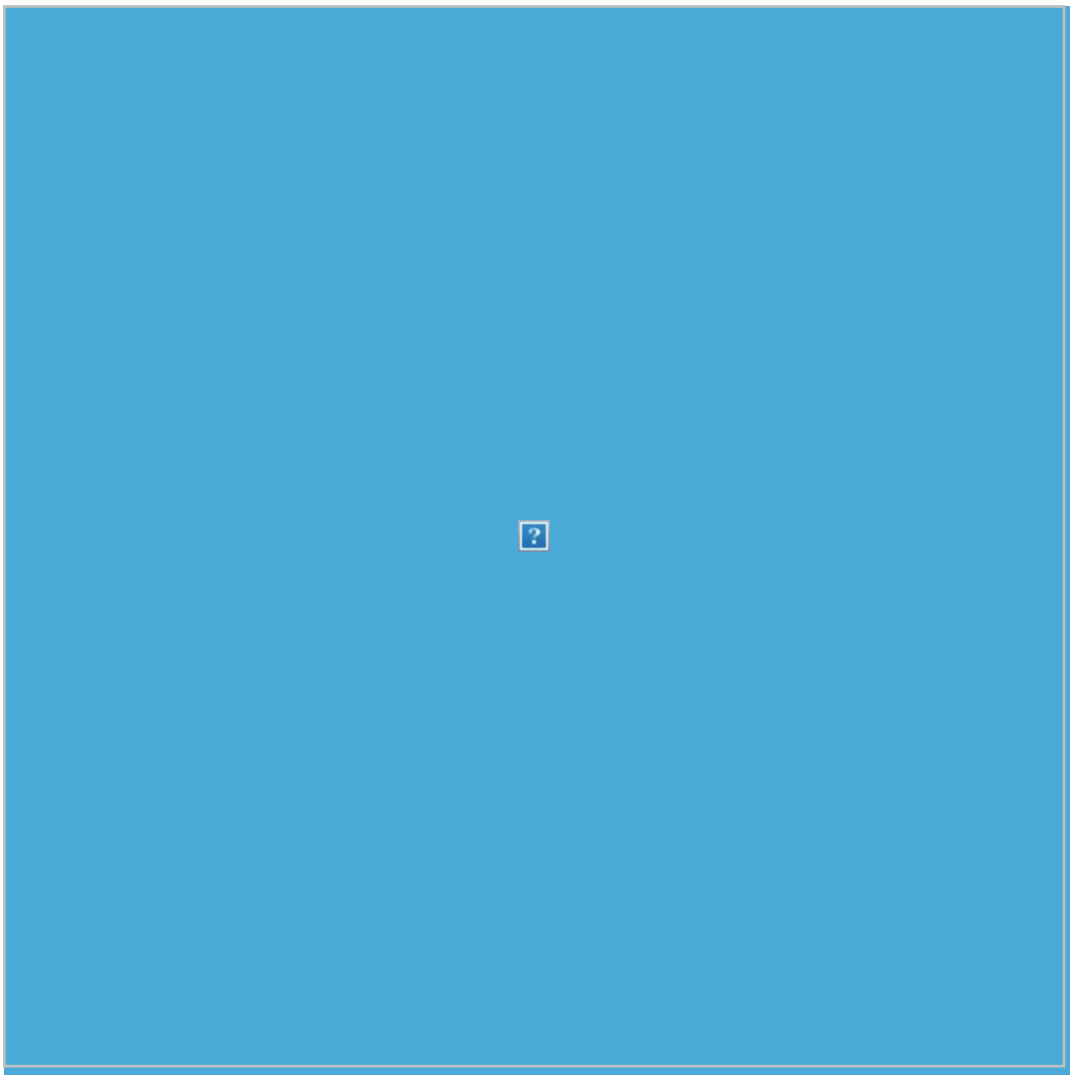
*Parsons, KS teamed up with local sponsors to bring the campaign to their community in addition to **Blue Cross and Blue Shield of Kansas** and NFC grant funding.*

5 Practical Tactics to Bring Free, Accessible Outdoor Wellness to Your Community

We know investing in outdoor wellness stems from community support, strategic planning and dedicated resources. A commitment to join NFC is a transformative initiative, promoting free, accessible health and wellness for decades to come. However, securing funding in addition to the NFC grant program for the project can pose challenges. Our team of experts have assisted over 500 municipalities and schools in securing necessary funding, and are here to help you find solutions with practical steps to overcome funding obstacles and successfully bring the campaign to you.

Unlocking Funding Resources: 5 Practical Tactics

September's Featured Workout



Nearing the fourth quarter of 2024 along with Healthy Aging Month, we're pumping up the volume with Fitness Court trainer Bobbi Parker-Hall's Advanced Fit for Life Strength. You can always visit our full workout library on YouTube or by downloading the free Fitness Court App.

National Fitness Campaign in the News

Rochester, NY: New York state sponsor **MVP Health Care** partnered with the National Alliance on Mental Illness in New York (NAMI-NYS) to host a Fitness Court Challenge across their Fitness Court network. For every participant who signed up for the challenge, **MVP Health Care** donated $5 to NAMI-NY to showcase the powerful alignment of mental and physical health. *News 8 WROC* and *WHAM News 13* covered the event in Rochester.

Photo credit: WHAM News 13

Fon du Lac, IL: The Fon du Lac Park District and Illinois state sponsor **Blue Cross and Blue Shield of Illinois** celebrated the Fon du Lac community officially joining the campaign in Illinois. Both sides of the Fitness Court Studio were activated with demonstrations from Farrell's Extreme Bodyshaping in East Peoria along with a local Jazzercise group. *CentralIllinoisProud.com* covered the excitement of the day for Fon du Lac residents.

Photo credit: Blue Cross and Blue Shield of Illinois

University of Texas Permian Basin: UTPB celebrated their brand new Fitness Court Studio presented by **Blue Cross and Blue Shield of Texas** and NFC. *Read more* from Odessa American and watch the coverage from *NewsWest9* on UTPB becoming the second college campus in Odessa this year to join the Blue Cross campaign in Texas.
Photo credit: Odessa American

What We're Reading

group of adults pose in front of fitness court

- **Fortune Well**: 2024: Best Places for Families to Live
- **Smart Cities Dive**: Micromobility ridership up 16% in US cities in 2023
- **NBC News**: Living in tree-filled areas may reduce heart disease risk, study shows

Social Spotlight

Have a success story to share from your healthy community on how Fitness Courts are changing health outcomes?

We want to hear from you! Send your stories to news@nfchq.com

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