

City of Mackinac Island

7358 Market Street

PO Box 455

Mackinac Island, MI 49757

Mackinac Island

RESOLUTION TO ADOPT AND ALLOCATE FUNDS FOR AN OUTDOOR FITNESS COURT® AS PART OF THE 2025 NATIONAL FITNESS CAMPAIGN

At a meeting of the Mackinac Island City Council held on August 21, 2024 wherein the following action was taken:

WHEREAS, the City of Mackinac Island has submitted a Grant Application to National Fitness Campaign (NFC) for participation in their 2025 initiative to install and activate outdoor Fitness Courts® in 200 cities and schools across the country, and;

WHEREAS, the City of Mackinac Island will accept a \$40,000.00 National Grant from our NFC Grant Committee and Statewide Partners, and provide a local match in the amount of the remainder of the project cos to promote and implement a free-to-the-public outdoor Fitness Court®, and;

WHEREAS, the City of Mackinac Island will secure supplemental funding as needed through community sponsors, which will be made available and committed to this program for the purchase of the outdoor Fitness Court®, and;

WHEREAS, the CITY OF Mackinac Island will commit to construction and launch of the outdoor Fitness Court® by the end of the 2025 calendar year, and;

WHEREAS, the City of Mackinac Island believes the outdoor Fitness Court® is an important wellness ecosystem that supports healthier communities, commits to funding/fundraising to participate in NFC's 2025 Campaign, and will earn local and national recognition as a leader in providing affordable health and wellness.

NOW THEREFORE:

BE IT RESOLVED, that the Mackinac Island City Council will collaborate with NFC to implement the outdoor Fitness Court® and make fitness free to community residents and visitors.

Danielle Leach, City Clerk

Date



Congratulations!

Mackinac Island, MI has been selected as a 2025 Priority Health Campaign Grant Recipient!

Dear Mary,

On behalf of the National Fitness Campaign Grant Committee, we are pleased to share that Mackinac Island, MI has been selected as a grant eligible partner in the 2025 Healthy Cities Campaign! This notification letter confirms eligibility for one (1) 2025 NFC Grant of \$40,000. The next step is to schedule your official Grant Eligibility Award Call within the next 10 days, where the qualifications submitted in your Grant Application will be confirmed by the NFC team, and your Grant Program Requirements (GPR) will be aligned for eligibility and participation in this year's campaign. A copy of your GPR Document is attached to this formal award letter for your review, and is based on dates submitted in your Grant Application.

The \$40,000 Grant Award will be confirmed pending 1) the submission of a Resolution of Adoption, endorsed by your local governing body or appropriate council within 30 days of the Award Call, 2) authorization to proceed, documented by formal funding confirmation (commonly a purchase order) and 3) confirmation of a scheduled shipping date for the Fitness Court and appropriate storage plans. Once set, GPR milestones must be met in order to maintain funding eligibility in the campaign.

To support this partnership and align your GPR milestones with your community's local adoption and funding processes, we have assigned a Partnership Manager – Jack Linehan – as your dedicated partner and champion in support of this partnership. Over the coming months, Jack will work with your team to support the path outlined in the GPR Document, assisting in the confirmation of required remaining funding, installation, and launch of your program.

The 2025 Healthy Cities Campaign is part of a national movement to make world-class fitness free and accessible in public spaces across the country, which is more important today than ever before – thank you for your commitment to supporting this goal.

Here is a sneak peak at what's ahead:

- Fitness Court® Launch – Cut the ribbon on your beautiful new outdoor gym & announce free fitness to the community!
- Classes & Challenges – Get residents moving & keep them engaged with ongoing group classes, individual training, and competitive events.
- Press & Promotions – Shine a spotlight on your community and local partners for joining this exciting and innovative wellness movement!

Once again, we are thrilled to invite you to join us as a partner in the 2025 Healthy Cities Campaign, and we look forward to making world-class fitness free in Mackinac Island, MI!

Best in Fitness,

Mitch Menaged, Founder



Mackinac Island, MI - National Fitness Campaign

2025 Funding Cycle Grant Program Requirements (G.P.R.)

Important: Grant Program Requirement (GPR) Dates must be adhered to in order to confirm grant availability within the awarded campaign year. While NFC strives to accommodate all approved applicants for participation, National Fitness Campaign cannot guarantee grant availability within each calendar year should approved milestone dates not be met, due to the volume of applicants joining the campaign and limited nature of Grant Funding in each state. Please contact your Partnership Development manager for more information.

MILESTONE 1: ADOPTION

Summary: Commit to project adoption and confirm intent to provide remaining matching funding

- Requirement: Complete Resolution of Adoption
- Deadline: 8/22/2024

MILESTONE 2: AUTHORIZATION TO PROCEED - FUNDING CONFIRMED

Summary: Approve and secure funding (as needed) and confirm total required remaining funding listed below.

- Requirement: Funding confirmation document submitted to NFC for remaining program funding (typically a Purchase Order (P.O). Refer to Official Quote and Funding Requirements Summary for details.
 - **Remaining Funding Requirement: \$130,000 + concrete slab & installation**
- Deadline: 4/9/2025

MILESTONE 3: SHIPMENT FOR STORAGE

Summary: Identify Fitness Court® storage location and schedule Fitness Court® delivery

- Requirement: Accept Fitness Court® delivery and store at a secure location, prepare to be invoiced for remaining program funds due per Milestone 2.
- Deadline: 4/10/2025 to 5/1/2025

MILESTONE 4: PLANNING AND DESIGN

Summary: Confirm Fitness Court Orientation and Site Layout, Approve Fitness Court® Art Designs

- Requirement: Approve Site Orientation, Site Plan and Approve artwork.
- Deadline: May, 2025

MILESTONE 5: CONCRETE SLAB INSTALLATION

Summary: Review concrete slab drawings & schedule concrete installer, Confirm Art is produced and shipped.

- Requirement: Install concrete slab (cure time of 28 days before Fitness Court® installation)
 - **Estimated Funding Requirement: \$0-\$40,000 (Pending Standard or Studio Configuration)**
- Deadline: - May, 2025 - pending weather

MILESTONE 6: FITNESS COURT® ASSEMBLY

Summary: Select Fitness Court® Assembly Team - NFC'S Installation Network is recommended, (includes art install)

- Requirement: Confirm installation timeline with NFC, provide completed installation photos for NFC inspection
 - **Estimated Funding Requirement: \$25,000-\$34,500 (Pending Standard or Studio Configuration)**
- Deadline: June 2025 - pending weather

MILESTONE 7: PRESS LAUNCH CEREMONY

Summary: Hold Fitness Court® press launch event & ribbon cutting (in coordination with State Sponsor if applicable)

- Requirement: Promote press release, hold launch event within campaign year (weather permitting)
- Deadline: July 2025 - pending weather

G.P.R. Authorized by:  Trent Matthias - Campaign Director

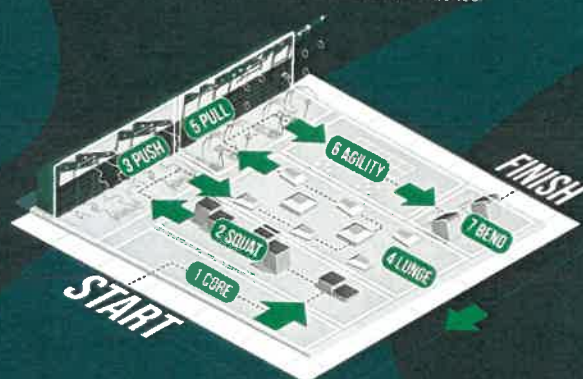


All people have the right to live healthy. Priority Health for Good is our promise to help neighbors in our Michigan communities live healthier and thrive. Our partnership with the National Fitness Campaign is one way we're delivering on our promise.

HOW IT WORKS

The Fitness Court® is a full body circuit training center comprised of 7 movement zones. Each zone offers hundreds of exercises, and trains different parts of the body through functional movement patterns. Rotate through the zones spending 45 seconds of exercise and 15 seconds rest at each zone for a 7 minute full body workout.

Download the Fitness Court® App for a library of hundreds of exercises and workouts or get started below with easy, medium and hard movements at each of the 7 zones.



7 Movements • 7 Minutes

See below for 3 exercises that can be performed in each zone, corresponding muscle groups trained, and difficulty level. These 21 moves are the basics - there are hundreds of ways to use the Fitness Court! Improve over time by trying different exercises and multiple circuits.

FITNESS COURT ZONES		EXERCISE DIFFICULTY LEVEL			TARGET MUSCLE GROUPS
		EASY	MEDIUM	HARD	
1	CORE				Abdominals, Lower Back, Core
2	SQUAT				Quadriceps, Hamstrings, Core
3	PUSH				Chest, Shoulders, Triceps
4	LUNGE				Hamstrings, Quadriceps, Glutes
5	PULL				Back, Biceps, Triceps
6	AGILITY				Glutes, Hamstrings, Ankles
7	BEND				Lower Back, Hamstrings, Abdominals





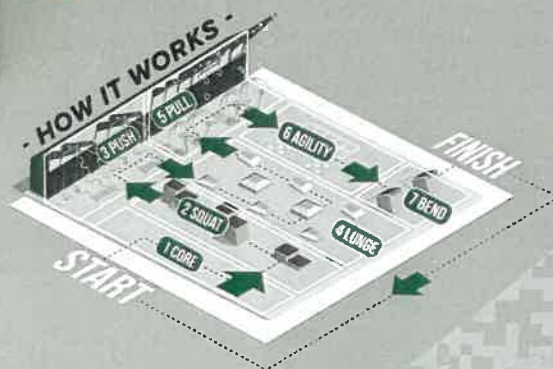




6. AGILITY



FITNESS COURT



FITNESS COURT® PRESENTED BY

Priority Health

Official Campaign Sponsor in Michigan



Building Healthy Communities



GRAND TRAVERSE
COUNTY



CITY of
TRAVERSE CITY



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#Fitnesscourt



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HERE



City Clerk

From: Recreation Department
Sent: Sunday, August 18, 2024 8:19 PM
To: City Clerk
Subject: Agenda Info
Attachments: NFC Resolution.docx; Mackinac Island, MI - 2025 Notice of Award & Grant Program Requirements (1).pdf

Follow Up Flag: Flag for follow up
Flag Status: Flagged

Hi Danielle,

Apparently, I'm a glutton for punishment. The information that I am sending you is about the Fitness Court Grant that I wrote. One is a resolution to continue with the project (which we can still back out of), and the other attachment is program requirements. I have spoken with Stephanie McGreevy and the MICF may be able to fund the remainder of this project (after the \$40,000 that we will receive from Priority Health. I am also going to send you 3 more emails with pictures of the Fitness Court in TC.

Mary

Mary Patay, Ph.D., CPRE
Recreation Director
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