



THE BOROUGH OF HIGHSPIRE LAUNCHES THE FITNESS COURT® PRIORITIZING COMMUNITY HEALTH AND WELLNESS IN PENNSYLVANIA

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BOROUGH OF HIGHSPIRE—JULY 31, 2024—On August 6th, 2024, the Borough of Highspire will unveil a new outdoor Fitness Court® at Memorial Park, improving and enhancing the quality of life for Borough residents. This exciting program is a featured part of the nationwide initiative launched by [National Fitness Campaign](#) on a mission to change health outcomes in America. This award-winning initiative welcomed its 500th healthy community in 2023 and is now funded to deliver vital outdoor wellness programs to 1,000 healthy communities by 2026 to help get people moving outdoors and to fight the rising fiscal and humanitarian costs of physical inactivity.

This year, the Borough of Highspire and dozens of other select recipients from around the country were awarded grant funding from National Fitness Campaign to help support the program. In addition to NFC grant funding and funding from the American Rescue Plan Act (ARPA) contributed to make the project possible in Highspire.

“Immediately after the installation of the NFC Outdoor Fitness Court, myself and the other elected officials noticed quite a few people utilizing it. I’ve heard nothing but positive comments from people that I’ve spoken with” – Mayor Von Hess

The new Fitness Court at Memorial Park is the world’s best outdoor gym and allows users to leverage their own body weight to get a complete workout using seven stations in just seven minutes. Created with people aged 14 and over and with all abilities in mind, the workouts are adaptable for all fitness levels, allowing participants to move at their own pace. Users also may download the free [Fitness Court App](#) which acts as a coach-in-your-pocket and enhances the outdoor gym into a digitally supported wellness experience.

“We are excited to have Representative Dave Madsen join us in the journey to improve health and wellness as we work to make a powerful and long-lasting impact on longevity and happiness by building healthy communities across America,” said Mitch Menaged, founder of National Fitness Campaign. “The addition of the Fitness Court, along with digital wellness programming, demonstrates a tremendous commitment to the health and wellbeing within the community.”



Residents are invited to attend an opening day launch event on August 6th, 2024 at 6:30 pm to try the Fitness Court and learn about upcoming community wellness events and programming. For more information, visit <https://highspire.gov/> , or contact the Borough of Highspire at 717939-3303

About National Fitness Campaign

Founded in San Francisco in 1979, [National Fitness Campaign](https://nationalfitnesscampaign.com) is a wellness consulting firm that provides programs and services to cities, schools and sponsors. Our mission is to build healthy communities nationwide. The campaign delivers an integrated wellness initiative, centered around the Fitness Court® – the world's best outdoor gym. National Fitness Campaign welcomed its 500th healthy community in 2023, as it continues to grow the country's largest public-private partnership in support of wellness with the goal of building a Fitness Court® within a 10-minute bike ride of every American. Follow along with National Fitness Campaign at nationalfitnesscampaign.com or on [Instagram](#), [Facebook](#) and [LinkedIn](#).