

**CITY OF FALCON HEIGHTS**  
Joint Meeting  
Parks & Recreation Commission  
Community Engagement Commission  
City Hall  
2077 West Larpenteur Avenue

**AGENDA - Amended**  
June 5, 2023 at 6:30 P.M.

A. CALL TO ORDER:

B. ROLL CALL:

Jeff Yager\_\_\_\_\_ Mike Bradbury\_\_\_\_\_ Eric Brenton\_\_\_\_\_   
Paula Mielke\_\_\_\_\_ Tom Faust\_\_\_\_\_ Randi Lundell\_\_\_\_\_ Mike Tracy\_\_\_\_\_

Cooley-Kistler\_\_\_\_\_   
Ebbesen\_\_\_\_\_ Lindstrom\_\_\_\_\_   
Stockford\_\_\_\_\_

COUNCIL LIAISON:

James Wassenberg \_\_\_\_\_   
Yakasah Wehyee \_\_\_\_\_

STAFF PRESENT:

Kelly Nelson \_\_\_\_\_   
Elke van der Werff \_\_\_\_\_

C. PRESENTATION:

D. APPROVAL OF MINUTES:

1. May 1, 2023 - Parks and Recreation Commission and Community Engagement Commission -Joint Meeting Minutes

E. AGENDA:

- 1 Ice Cream Social
2. Fall Programming
3. PARC Agenda Calendar – Draft 2
4. **Fitness Court**

F. INFORMATION/ANNOUNCEMENT

1. Recap Spring Together Event

G. ADJOURNMENT:

BLANK PAGE

**CITY OF FALCON HEIGHTS**  
Joint Meeting  
Parks & Recreation Commission  
Community Engagement Commission  
City Hall  
2077 West Larpenteur Avenue

**MINUTES**  
May 1, 2023 at 6:30 P.M.

A. CALL TO ORDER: 6:33 P.M.

B. ROLL CALL:

Jeff Yager  X  Mike Bradbury  X  Eric Brenton  X   
Paula Mielke  X  Tom Faust  X  Randi Lundell  X  Mike Tracy  X

Cooley-Kistler  X  LaDouceur  X   
Ebbesen  X  Lindstrom \_\_\_\_\_  
Stockford  X

COUNCIL LIAISON:

James Wassenberg  X   
Yakasah Wehyee \_\_\_\_\_

STAFF PRESENT:

Kelly Nelson  X   
Elke van der Werff \_\_\_\_\_

C. PRESENTATION:

D. APPROVAL OF MINUTES:

1. April 3, 2023 - Parks and Recreation Commission and Community Engagement Commission -Joint Meeting Minutes

Commissioner  
Ebbesen motioned to approve the minutes;  
Approved 11-0

E. AGENDA:

**1. Spring Together 2023 Event**

Commissioner Tracy shared how he once spent seven months in Texas and Arizona in a 55+ community. Based on the community centers he saw there, he came up with a wish list of 10 items that he'd most like to see at a new Community Park building. Tracy's list was shared for other commissioners to generate their own wish lists from and/or to number his list in order of their own preferences. It could also be shared at the Ice Cream Social to generate ideas from attendees. Tracy's list, as follows:

New FH Community Center Building Dream List

Please rank from 1 to 10 which of these suggestions you think are least to most important.

1 Bigger than the current building.

If it is 36x72 (about 2,600 sq ft) we can have indoor pickleball space.

2. Two levels. The cost of an additional level will be less than half the cost of the first floor.

That will increase the size to about 5,200 sq ft.

3. A kitchen with ample storage space for food and drink

4. Passive solar with south facing patio doors to bring in the warm winter sun.

5. Active solar panels on the south facing roof to generate electricity.

6. Fitness equipment for both strength and cardio exercise.

7. Locker rooms and showers

8. Saunas for both men and women

9. A free library for sharing books and puzzles.

10. Media equipment for movies and for educational experiences.

Ebbesen had previously suggested asking the following questions at Spring Together:

How do you currently receive information from the city?

How would you like to receive information?

How would you like to engage with the city?

Stockford cautioned against limiting opinions too much.

Ebbesen suggested asking about what categories are most important, such as environmental consideration, year-round activities, etc.

Wassenberg suggested free association of ideas for Community Park be gathered at Spring Together to help formalize a system for gathering additional input at Ice Cream Social.

Nelson asked for clarification regarding the Wish Lists.

Commissioners decided that Post-Its will be used at Spring Together to write free-form answers to what residents want most at Community Park. Staff will then compile the data and try to put it into categories. An example might be that one Post-It suggests having pickleball courts. And, another might be an updated playground. Staff could then put these suggestions under a category such as Outdoor Recreation Amenities.

Nelson will create a one-page City fact sheet. QR codes will be used for connecting residents to the City's Facebook page and to sign up for the weekly newsletter.

Bradbury says that Spring Together might be a good opportunity for the City to announce the purchase of Community Park.

Nelson reviewed the task list for the event. Roseville engineering is assisting with creating a map of the city and neighborhoods to display. Nelson shared a sample map, nametag and revised event flyer. Neighborhoods will be color-coded on the map. Attendees will receive a nametag and a sticker that indicates the neighborhood in which they live. Attendees will be given a ticket for an ice cream treat when they receive their nametag.

Commissioners Cooley-Kistler and Stockford volunteered to hand out event flyers at apartment buildings. Bradbury and Council Liaison Wassenberg will hand out event flyers in the Northome area.

## **2. Ice Cream Social Planning**

Nelson went over the task list to discuss what had already been completed. The City owns a bouncy house but staffing it and hot weather have been hindrances at past events. Nelson shared mockups of flyers to promote the event and modifications were suggested.

LaDouceur suggested testing out the City's bounce house at Spring Together in case it no longer works. Then, we would know if it's an option for Ice Cream Social!

The CEC and PARC commissions will hold a joint meeting to finalize details for Ice Cream Social on June 5.

CEC Commissioner Cooley-Kistler motioned to adjourn the CEC from the remainder of the meeting at 7:30 PM.  
Motion carried 11-0.

## **3. Draft of PARC Agenda / Calendar**

Commissioners reviewed the agenda calendar and suggested a few changes, such as removing Night to Unite and moving the date of the park audit from July to August. Commissioners also determined there would be no Parks and Recreation Commission meeting on July 3 due to the holiday. In lieu of rescheduling a July meeting, commissioners will independently visit and audit the parks (The Grove, Curtiss Field and Community Park) in their free time.

Tracy suggested commissioners pick a park to go to but several commissioners want to do more than one. So, commissioners may go to one or all three parks, offering their findings and suggestions at the August meeting.

Bradbury asked if commissioners want to do a winter event, citing years of cancelations due to weather.

## **4. Basketball and/or Pickleball Court Painting Examples**

Bradbury and Staff provided examples of painted basketball courts to discuss what to do with the basketball courts at The Grove and at Curtiss Field. The commissioners then discussed how the asphalt court at the Grove should be painted, as that surface may speed up the paint's wear.

Bradbury suggested painting the court simply and not overinvesting at the start at the Grove; then, watch usage. We could also add additional paint in the future.

Lundell motioned to paint simple stripes for pickleball at The Grove and not doing a full paint.  
Motion carried 7-0.

Regarding painting the basketball court at Curtiss Field, Wassenberg pointed out that it is concrete at that park and not asphalt.

Faust raised concerns about water collecting on the court. He will take photos to send Nelson for sharing with Public Works.

Bradbury said that he asked some kids what they'd like the court to look like. The kids suggested something very simple, such as green with white striping.

Wassenberg liked the idea of the smaller court being painted for younger kids.

Bradbury suggested painting the smaller court so that H-O-R-S-E or a game like that could be played.

Brenton motioned that Bradbury come with three examples of painted courts, from least detailed to most. Staff will then ask Public Works to secure an estimate on those three paint schemes. Staff will then bring the estimates to an upcoming commission meeting so that a final recommendation could be made.  
Motion carried 7-0.

## **5. Draft of Park Audit Checklist**

Nelson shared a draft of the audit checklist. Commissioners will use the checklist that Staff created, having the option to add anything they see as pertinent when they are out in the parks completing audits in July. No changes recommended at this time.

## **F. INFORMATION/ANNOUNCEMENT**

Nelson shared summer registrations to date. So far, enrollment numbers are as follows: 0 for Tennis, 0 for Summer Discovery Playground, 13 for Mini Soccer and 5 for Super Soccer. Commonwealth Terrace Cooperative has 0 residents enrolled in Messy Art, 1 for Super Soccer and 1 for Summer Discovery Playground. Registration is open through May 25.

Nelson also shared she had no applications for a Summer Program Coordinator but did have some interest for Summer Staff. Commissioners supported Nelson's idea to only conduct mini and super soccer in 2023 based on registration and staffing.

## **G. ADJOURNMENT: 8:26 PM**

Commissioner Brenton motioned to  
adjourn;  
Approved 7-0

BLANK PAGE





## REQUEST FOR ACTION

<b>Meeting Date</b>	June 5, 2023
<b>Agenda Item</b>	E2
<b>Attachment</b>	Task List; Flyer Example; Resource Fair List
<b>Submitted By</b>	Kelly Nelson, Assistant to the City Administrator

<b>Item</b>	Ice Cream Social
<b>Description</b>	<p>The CEC and PARC set the date for the Ice Cream Social (July 20<sup>th</sup>) and would like to work together to plan the 2023 event. Continue to discuss tasks that need completing and what elements commissioners would like to include at the event. Various topics to discuss may include:</p> <ul style="list-style-type: none"> <li>• Food/food truck</li> <li>• Resource Fair</li> <li>• Entertainment</li> <li>• Hand out ice cream treats (no truck)</li> </ul>
<b>Budget Impact</b>	TBD
<b>Attachment(s)</b>	Task list; flyer example; resource fair list
<b>Action(s) Requested</b>	Staff recommends commission members discuss the 2023 Ice Cream Social event and assign tasks to be completed.

## ICS 2023

TASK	Person Responsible	Date Needed	SPECIAL INSTRUCTIONS	DATE COMPLETED
Contact Resource Fair Organizations		May-June		Kelly did in April
Save the Date- Social Media & Newsletter		May		Kelly did in in April; Elke did in May
Posters		June		Kelly created; need to hand out
Contact/Reserve Band		June		Kelly did in April
Reserve Bouncy Castle		June		???
Work with CEC on outreach to apartments		June		
Order craft/activity supplies- Face painting, rocks, brushes, jellybeans, hand tattoos, etc.		June		
Confirm/order porta potties, hand washing stations		June	Need 5 porta potties at minimum	
Banner at Community Park		June		
Talk to Commissions/ Council about tug of war tournament?		June		
Contact Saint Paul Fire Department/Ramsey County Sheriff- equipment display?		June		Kelly did in April -
Schedule staff & volunteers		July	Do online sign-up?	
Order Ice Cream products & Bottled water		July- before temp food license		
Temporary Food License		July		Kelly did in April
Order hand sanitizers – resource fair area, ice cream area				
Talk to Colin about freezer in park building				Kelly did
Confirm tent delivery with Lions		July		
Confirm organizations @ resource fair		July		

Make table signs & table map for resource fair organizations		July		
Prep craft/activity supplies			<ul style="list-style-type: none"> <li>• Face paint</li> <li>• Painting rocks</li> <li>• Tug of war rope</li> <li>• Jelly bean guessing contest</li> </ul>	
Inform Public Works of supplies needed/set up at Community Park		July		
Prep money boxes- Roland (Roland always takes vacation during the ICS for checks and money need to be received the third week of July)				
Trash/recycling set up near ice cream				
Pick up ice cream/water				
Prep Name tag supplies for volunteers, attendees		July		
Create volunteer sign-up		July		

#	Organization/body	Date contacted
	Ramsey County Public Health- Child and Teen Checkups	***
	Ramsey County Master Gardeners	5/3/2023
	Saint Anthony Park Healthy Seniors	5/3/2023
	Bee Squad	5/3/2023
	Keystone Food Shelf	***
2	Gibbs Farm	5/3/2023
3	Como Park Block Nurse	5/3/2023
5	Bell Museum	5/3/2023
	State Fair	5/3/2023
6	The Falcon Heights Church	5/3/2023
	City of Falcon Heights	5/3/2023
	League of Women Voters	
1	Be Smart	4/4/2023
	Ramsey County- Family Health Division	5/3/2023
	Ramsey County- Service Centers	***
	FFEJ	5/3/2023
4	The Good Acre	5/3/2023
	International Institute	5/3/2023
7	Falcon Heights-Lauderdale Lions Club	5/8/2023
8	Ramsey County Sheriff's Office	

NYFS

Find a contact

Contacted

Confirmed

Out on a Limb Dance Theatre & School

**UNCONFIRMED:**

- Capital Region Watershed District
- FH City Engineer- PMP?
- International Institute
- MN Housing Agency
- Nine North Community Television
- NYFS
- Ramsey County Health and Wellness
- Ramsey County Public Health
- Ramsey County Workforce Solutions
- Saint Paul Fire Department
- Solar Energy Resources





JOIN US FOR AN

# ICE *Cream* SOCIAL

FREE ice cream treats!  
FREE hot dogs, chips and water!  
Live music and dance performances!  
Fire truck and rescue vehicles!  
Outdoor games!  
Resource fair!

---

THURSDAY, JULY 20 - 5:00 TO 7:00 PM

COMMUNITY PARK  
2050 ROSELAWN AVE. W.  
FALCON HEIGHTS

BLANK PAGE



## REQUEST FOR DISCUSSION

<b>Meeting Date</b>	June 5, 2023
<b>Agenda Item</b>	E3
<b>Attachment</b>	<ul style="list-style-type: none"> <li>• 2022 Fall Programming Guide</li> </ul>
<b>Submitted By</b>	Kelly Nelson Assistant to the City Administrator

<b>Item</b>	2023 Fall Programming
<b>Description</b>	Due to deteriorating facilities, low enrollment numbers and staffing issues over the past few years, the City cut back on some of its recent summer programming and took a wait and see approach in terms of making a decision regarding fall programming. 2023 summer programming continued to be a challenge. Staff would like to discuss and make a decision regarding fall programming.
<b>Budget Impact</b>	N/A
<b>Attachment(s)</b>	<ul style="list-style-type: none"> <li>• 2022 Fall Programming Guide</li> </ul>
<b>Action(s) Requested</b>	Determine 2023 Fall Programming so that a 2023 Programming Guide can be created and published in the City's Fall newsletter to be mailed to residents in August.





# CITY OF FALCON HEIGHTS PARKS & RECREATION



## FALL PROGRAMMING



# CITY HALL PROGRAMS:

*Register on the City Website!*

## Yoga

### Is your workout stressing you out?

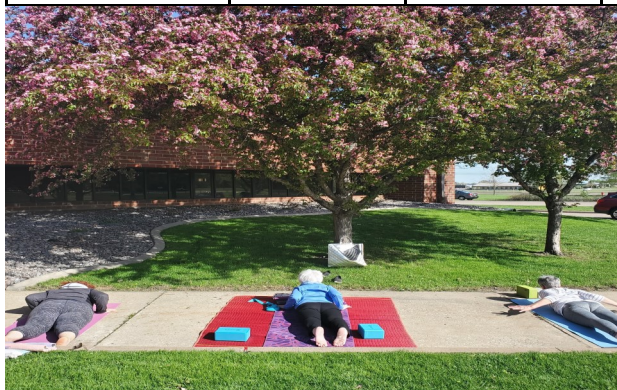
Do you love your workout and look forward to it? Or, is the payoff only AFTER it's over? We've all been there. Here's an idea: maybe shift your emphasis from fitness to wellness, from exercise to "innercise?"

Fitness and wellness are not the same thing. In fact, a lot of fitness regimens can be pretty hard on your body, especially your joints. A comprehensive yoga class on the other hand is a different animal altogether, defying Western fitness logic. We do "relaxed exertion" and view exercises as "meditations in motion," not reps to be tracked and counted. We ditch the adversarial relationship with our bodies, so ingrained by all those mirrors!

Through the pandemic, we have all learned how important it is to socialize and co-regulate with *trusted* friends. When "big yoga" venues give away all those free trial classes, they do so at your expense. That's attention you won't be receiving and makes it difficult to move your group up the curve to the "deeper practices." It also doesn't maintain the "safe space" vibe, which is calming to the nervous system and sets the stage for healing.

So if you're having trouble sticking to an exercise routine, why not consider a comprehensive yoga class with a small group of regulars? We're here for you every Monday, 4:30-5:45 at Falcon Heights City Hall.

Dates	Day	Time	Residents	Non-Residents	Location
9/12—10/31	Mondays	4:30 – 5:45 p.m.	\$96	\$106	City Hall– Council Chambers
11/7—12/19	Mondays	4:30—5:45 p.m.	\$84	\$94	City Hall– Council Chambers



# Tae Kwon Do

**Jordan's Tae Kwon Do mission is to empower all ages with the knowledge of self defense!**

Tae Kwon Do is a style of martial arts from South Korea which is known for self-defense. The standard class (offered for beginner and intermediate/advanced skill levels) will help develop mental strength, focus, self-confidence, physical health & flexibility. In this class you will learn forms, one steps, grab defenses & various drills to build up your skills & physical fitness.

Tae Kwon Do Cardio Kick Boxing combines martial arts techniques with cardio. This class is designed for all skill levels. It will help build stamina, coordination & flexibility. This class will also boost confidence & self-esteem while relieving stress. Have fun & feel great with this



## Session 1

Class	Day	Dates	Time	Cost	Location
Beginner	Tuesday	9/20-10/25	5:30– 6:15 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Intermediate/Advanced	Tuesday	9/20-10/25	6:15– 7:00 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Cardio Kick Boxing	Thursday	9/22-10/27	5:30– 6:15 p.m.	\$51	City Hall– Council Chambers

## Session 2

Class	Day	Dates	Time	Cost	Location
Beginner	Tuesday	11/1- 12/6	5:30– 6:15 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Intermediate/Advanced	Tuesday	11/1– 12/6	6:15– 7:00 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Cardio Kick Boxing	Thursday	11/3-12/8	5:30– 6:15 p.m.	\$51	City Hall– Council Chambers

BLANK PAGE



## REQUEST FOR ACTION

<b>Meeting Date</b>	June 5, 2023
<b>Agenda Item</b>	E4
<b>Attachment</b>	PARC Calendar - Draft Version #2
<b>Submitted By</b>	Kelly Nelson, Assistant to the City Administrator

<b>Item</b>	Draft #2 of 2023 Parks and Recreation Commission Calendar
<b>Description</b>	Once finalized, the Commission will use this calendar on an annual basis to be reminded of reoccurring, annual tasks, meetings and events.
<b>Budget Impact</b>	N/A
<b>Attachment(s)</b>	<ul style="list-style-type: none"> <li>• 2023 Parks and Recreation Commission Calendar</li> </ul>
<b>Action(s) Requested</b>	Staff recommends reviewing the revised calendar for 2023, suggesting changes to be made before a final draft is produced. And, moving forward, to update this annually to include meetings, events and commission tasks.

# City of Falcon Heights Parks and Recreation Commission Annual Meeting Agendas / Tasks / Events

*(1<sup>st</sup> Monday of each month)*

January 2	<p style="background-color: yellow;">No meeting held in 2023 - City Hall closed - holiday</p> <ul style="list-style-type: none"> <li>• Officer Elections</li> <li>• Adopt Standing Rules</li> <li>• Set PARC Goals</li> <li>• Discuss Summer Programming</li> <li>• Share Annual Parks and Rec budget with commission</li> </ul>
February 6	<ul style="list-style-type: none"> <li>• Set date for Spring Together Event</li> <li>• Finalize Summer Programming</li> </ul>
March 6 - Joint Meeting	<ul style="list-style-type: none"> <li>• Joint Meeting with CEC to plan Spring Together</li> <li>• Recap the ice skating season</li> <li>• Ice Cream Social - Set date for event</li> </ul>
April 3 - Joint Meeting	<ul style="list-style-type: none"> <li>• Joint Meeting with CEC to discuss Spring Together; begin planning Ice Cream Social- Set date; hire band; assign tasks</li> </ul>
May 1 - Joint Meeting	<ul style="list-style-type: none"> <li>• Joint Meeting with CEC to discuss Spring Together and Ice Cream Social events; assign remaining tasks</li> </ul>
June 5 - Joint Meeting	<ul style="list-style-type: none"> <li>• Continue Ice Cream Social Planning</li> <li>• Fall Programming - Set Classes</li> </ul>
July 3	<p style="background-color: yellow;">No meeting on 7/3/23; holiday</p> <ul style="list-style-type: none"> <li>• Conduct park audits individually on own time</li> </ul>
August 7	<ul style="list-style-type: none"> <li>• Recap Summer Programming</li> <li>• Start planning fall event</li> <li>• Compile park audit reports to suggest improvements within the parks</li> </ul>
September 18 - Joint Meeting (no meeting on 9/4/23 due to holiday)	<ul style="list-style-type: none"> <li>• Fall event planning</li> <li>• <span style="color: red;">Make decision regarding winter event; begin planning, if applicable</span></li> </ul>
October 2 - Joint Meeting	<ul style="list-style-type: none"> <li>• Fall event planning</li> <li>• Winter Event Planning, if applicable</li> </ul>

November 6	<ul style="list-style-type: none"> <li>• Winter Event Planning, if applicable.</li> </ul>
December 4	<ul style="list-style-type: none"> <li>• Winter Event Planning, if applicable</li> </ul>

**CITY EVENTS (2023 Dates)**

May 20	Spring Together	4:00 to 6:00 PM	Curtiss Field
July 20	Ice Cream Social	5:00 to 7:00 PM	Community Park
August 1	Night to Unite	Time TBD	Neighborhoods
December	Human Rights Day	TBD	Location TBD (Falcon Heights Elementary?)

BLANK PAGE





## REQUEST FOR DISCUSSION

<b>Meeting Date</b>	June 5, 2023
<b>Agenda Item</b>	E4
<b>Attachment</b>	<ul style="list-style-type: none"> <li>• Fitness Court Presentation</li> </ul>
<b>Submitted By</b>	Kelly Nelson Assistant to the City Administrator

<b>Item</b>	Fitness Court
<b>Description</b>	<p>Due to deteriorating fitness stations within Community Park and with future plans to rebuild and revitalize the building and park amenities, City Staff had a Zoom Call with National Fitness Campaign (NFC), a wellness consulting firm, who are working to bring Fitness Courts through a competitive grant from BlueCross BlueShield (BCBS) Minnesota. The 2024 grant process would allow for the construction of 10 outdoor fitness courts with matching community funding. Staff would like to discuss the concept of a Fitness Court with the commission to determine if it is of interest to work towards offering it as an amenity to parkgoers.</p>
<b>Budget Impact</b>	<p>Pricing would depend on several factors but the City would be responsible for \$130,000 to \$170,000. Grant funding provided by BCBSMN would fund a matching amount. The City would have the opportunity to solicit sponsorships or other grants to cover our portion.</p>
<b>Attachment(s)</b>	<ul style="list-style-type: none"> <li>• Fitness Court Presentation</li> </ul>
<b>Action(s) Requested</b>	<p>Determine if a Fitness Court is an amenity worth pursuing through the 2024 NFC Fitness Court grant and earmarking park renovation dollars for.</p>



NATIONAL FITNESS CAMPAIGN  
**CAMPAIGN  
BRIEFING**



2024



BROUGHT TO YOU BY



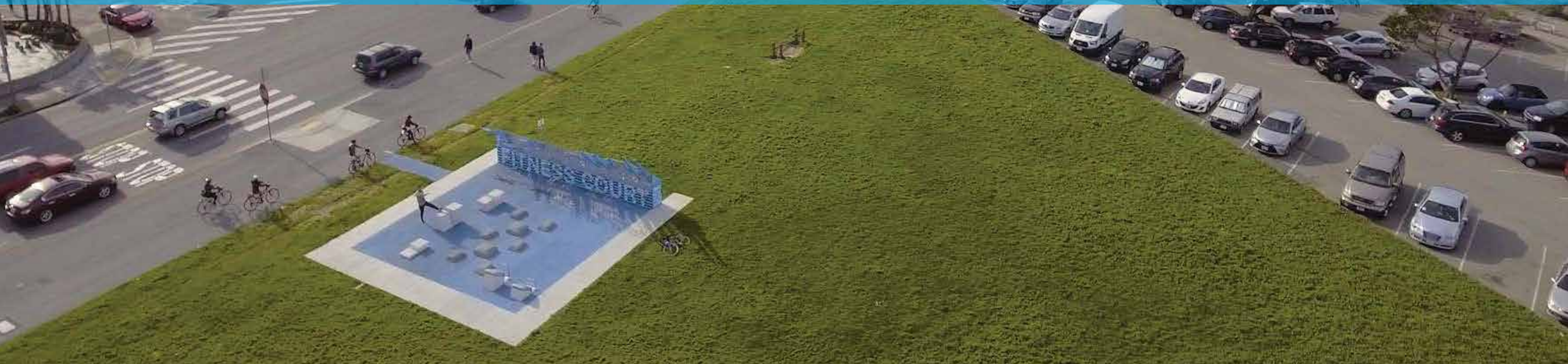
## WHO WE ARE

National Fitness Campaign is a wellness consulting firm. Our mission is to build healthy communities.



## WHAT WE DO

NFC develops partnerships with cities, schools and sponsors to fund, build, and activate outdoor Fitness Courts, making world class fitness free.



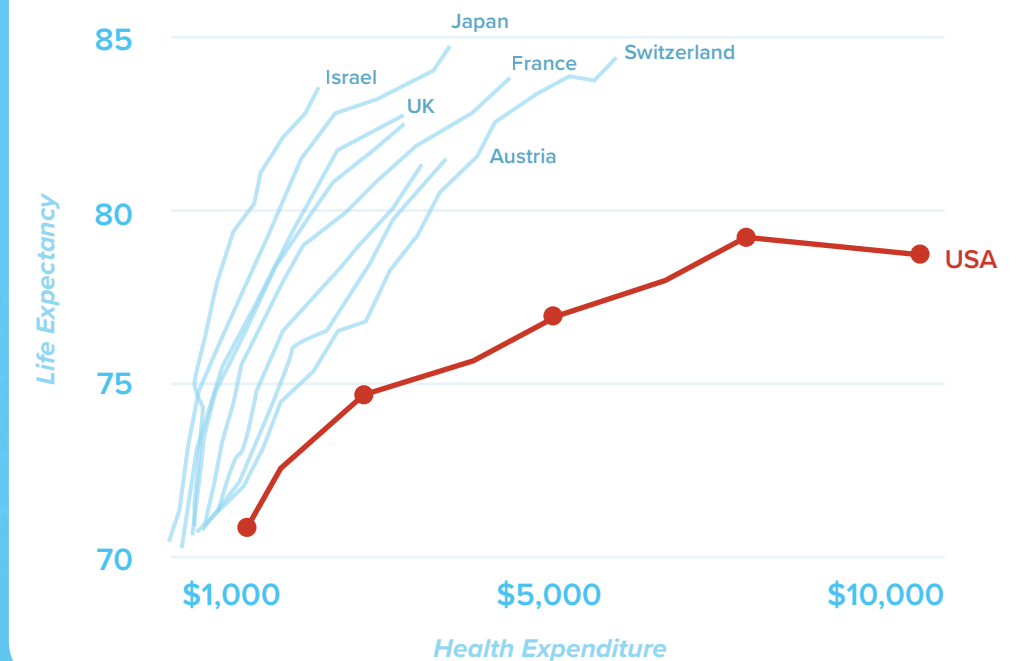


# WHY WE DO IT

**TO MAKE WORLD CLASS FITNESS FREE**

## THE PROBLEM

*Life Expectancy vs Health Expenditure*



America is facing a health crisis caused by sedentary lifestyles and cities designed for cars. USA spends more money than any other on healthcare with poor results.

## THE SOLUTION

When communities are designed to support wellbeing, health outcomes change!

# 40+ YEARS IN THE MAKING CAMPAIGN HISTORY



**FITNESS COURT INVENTED**  
SAN FRANCISCO • STANFORD



1979



**FIRST NATIONAL SPONSOR**  
3 COUNTRIES • 10,000 FITNESS COURTS



1980's



**REDESIGNED**  
FOR IMPACT IN 21ST CENTURY



2012



**WELCOMING 500<sup>TH</sup>**  
HEALTHY COMMUNITY ACROSS AMERICA



2023



**NFC EXPANDS TO 10,000**  
COMMUNITIES WITH PARTNERS



2030's

# Campaign Overview

National Fitness Campaign

DESIGN & PLANNING

LAUNCH & PRESS

SPONSOR SUPPORT

PUBLIC ART

GRANT FUNDING

AMBASSADOR TRAINING

INSTALLATION

MOBILE APP



**A COMPREHENSIVE  
COMMUNITY WELLNESS  
PROGRAM**



# FITNESS COURT

WORLDS BEST OUTDOOR GYM



**7 MOVEMENT FULL BODY WORKOUT**  
FUNCTIONAL TRAINING SYSTEM  
DIGITALLY ACTIVATED | COACH IN YOUR POCKET



CORE



SQUAT



PUSH



LUNGE



PULL



AGILITY



BEND





 **FITNESS COURT®**

**ADULTS OF ALL AGES AND ABILITY**



**I am glad to see movements to improve balance.**

*- Carol Claybaker, Senior Resident of Janesville, WI*

# Campaign Services

National Fitness Campaign



**Planning & Funding Support**



A map showing various locations with blue and yellow pins. Below the map is a large check made out to Eileen Dorsey for \$5,000.00, dated June 29, 2022, for the National Fitness Campaign. The check is held by a woman in a pink shirt.



**Pre Launch Support**



Workers in dark blue shirts are installing large blue pieces of equipment on a site. One worker is in the foreground, another is in the background.



**Ambassador Training**



A woman in a black tank top is kneeling and talking to another woman who is also kneeling. They are outdoors near some equipment. The ACE APPROVED logo is in the bottom right corner.



**Media & Press**




A woman with short grey hair and sunglasses is speaking into a microphone at a podium. The podium has the seal of the Charter County of Wayne, Michigan. The background is blurred.



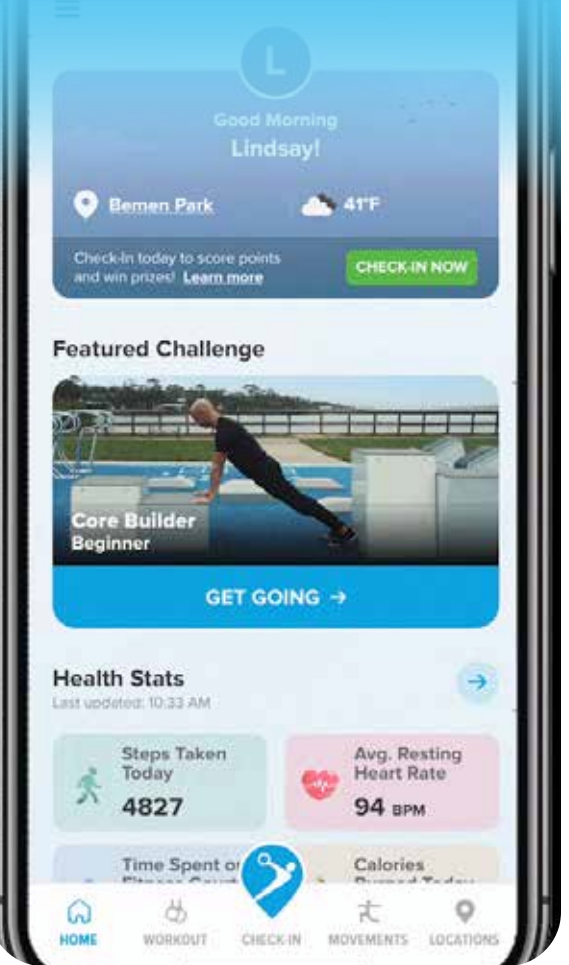
**Launch & Ribbon Cutting**



A group of people, some in mascot costumes, are gathered around a table for a ribbon cutting ceremony. A red ribbon is stretched across the foreground.



**Fitness Court® App**

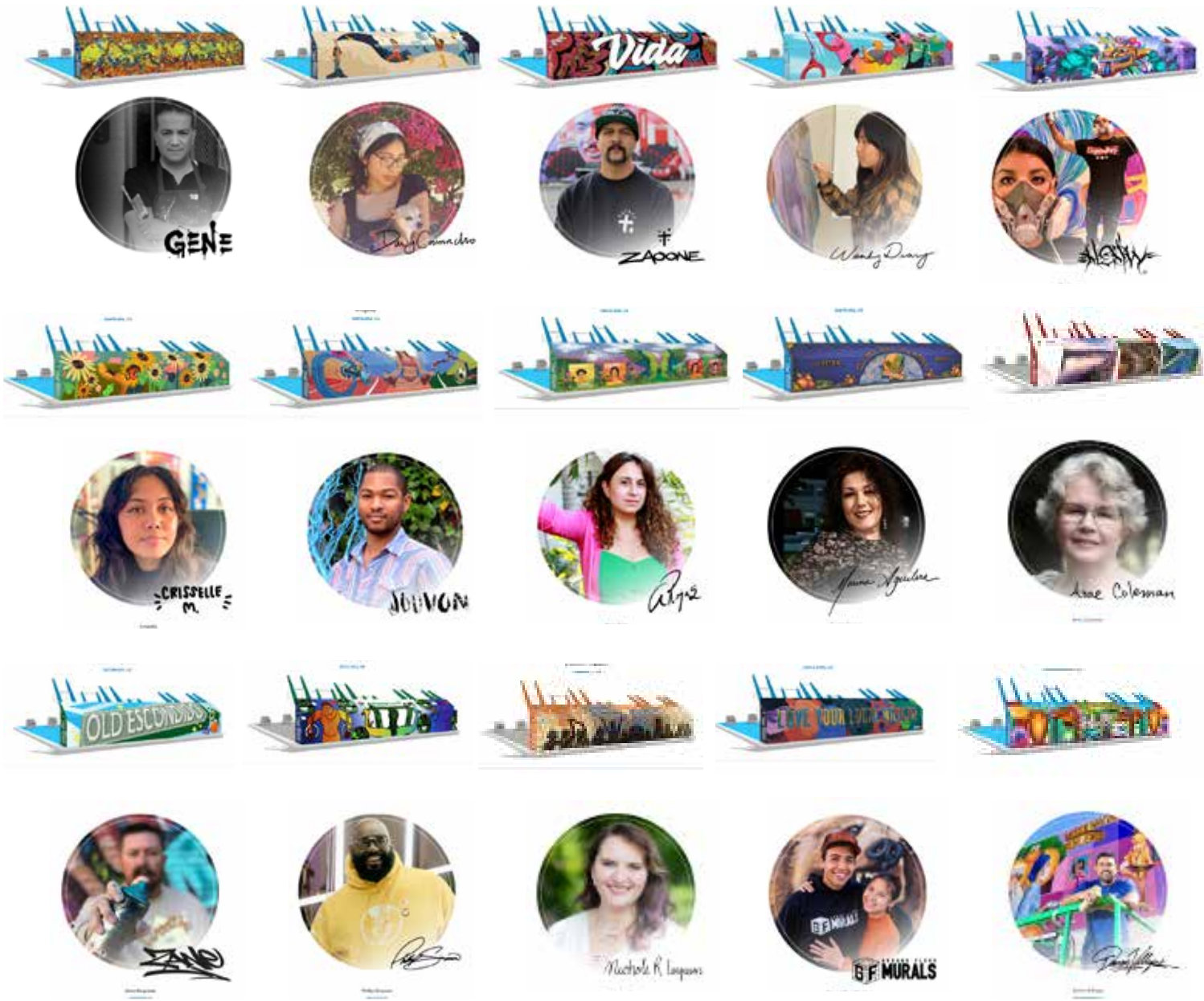


A smartphone screen displaying the Fitness Court app interface. It shows a user profile for Lindsay, location Bemen Park, and health stats like 4827 steps and 94 BPM. A 'CHECK-IN NOW' button is visible. A 'NEW APP launching 2023' badge is in the top right corner.

**WE BUILD HEALTHY COMMUNITIES!**

# Fitness Court® Public Art

Inspiration Meets Wellness



ARTISTS FROM ACROSS THE COUNTRY



# Fitness Court® Public Art



FITNESS  
COURTS®



## BCBSMN Art Gallery

Gallery details made available to grant awardees for selection

Special consideration for local BIPOC Artist when available

# Fully Funded Local Artist Program Supported by BCBSMN

Supporting BIPOC Artist across Minnesota



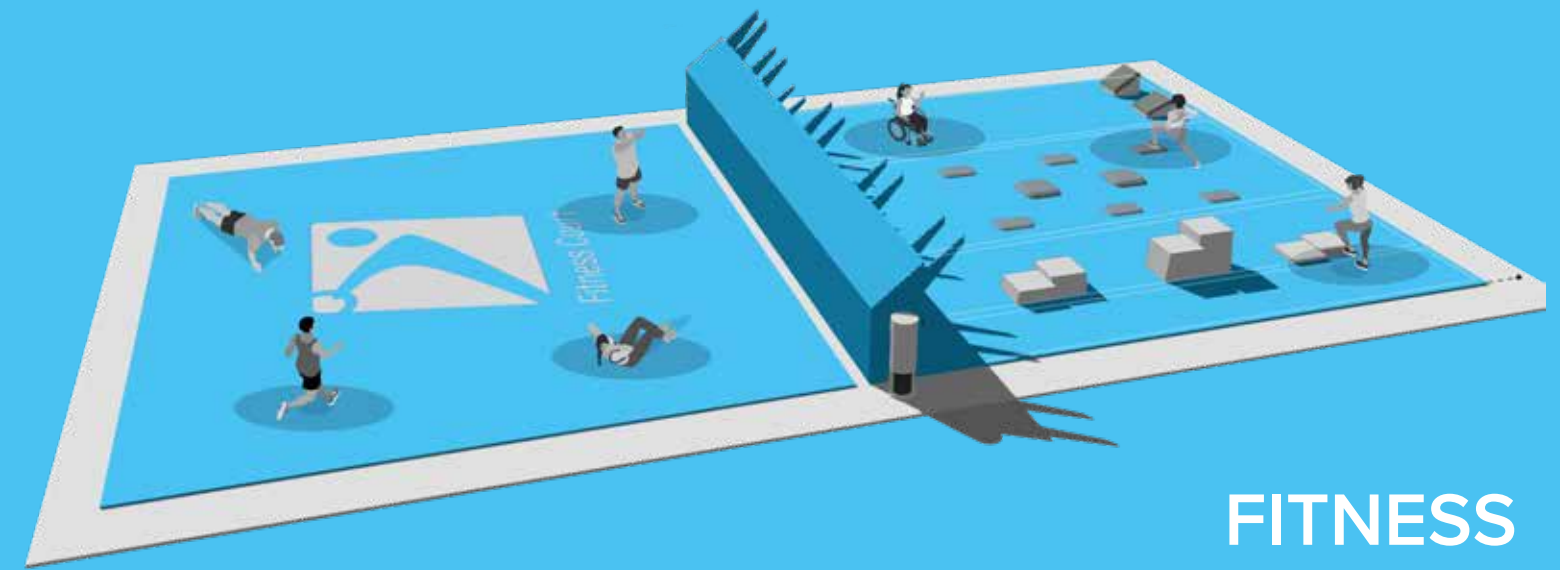
**Fully Supported as part of Minnesota Campaign  
for 10 Leading Partners**

**\$25,000 Grant Included from** 



# Fitness Court® Studio

Launching Nationwide



- FITNESS
- ART
- DANCE
- YOGA
- ZUMBA
- PILATES
- STRETCH



# Campaign Overview

National Fitness Campaign

DESIGN & PLANNING

LAUNCH & PRESS

SPONSOR SUPPORT

PUBLIC ART

GRANT FUNDING

AMBASSADOR TRAINING

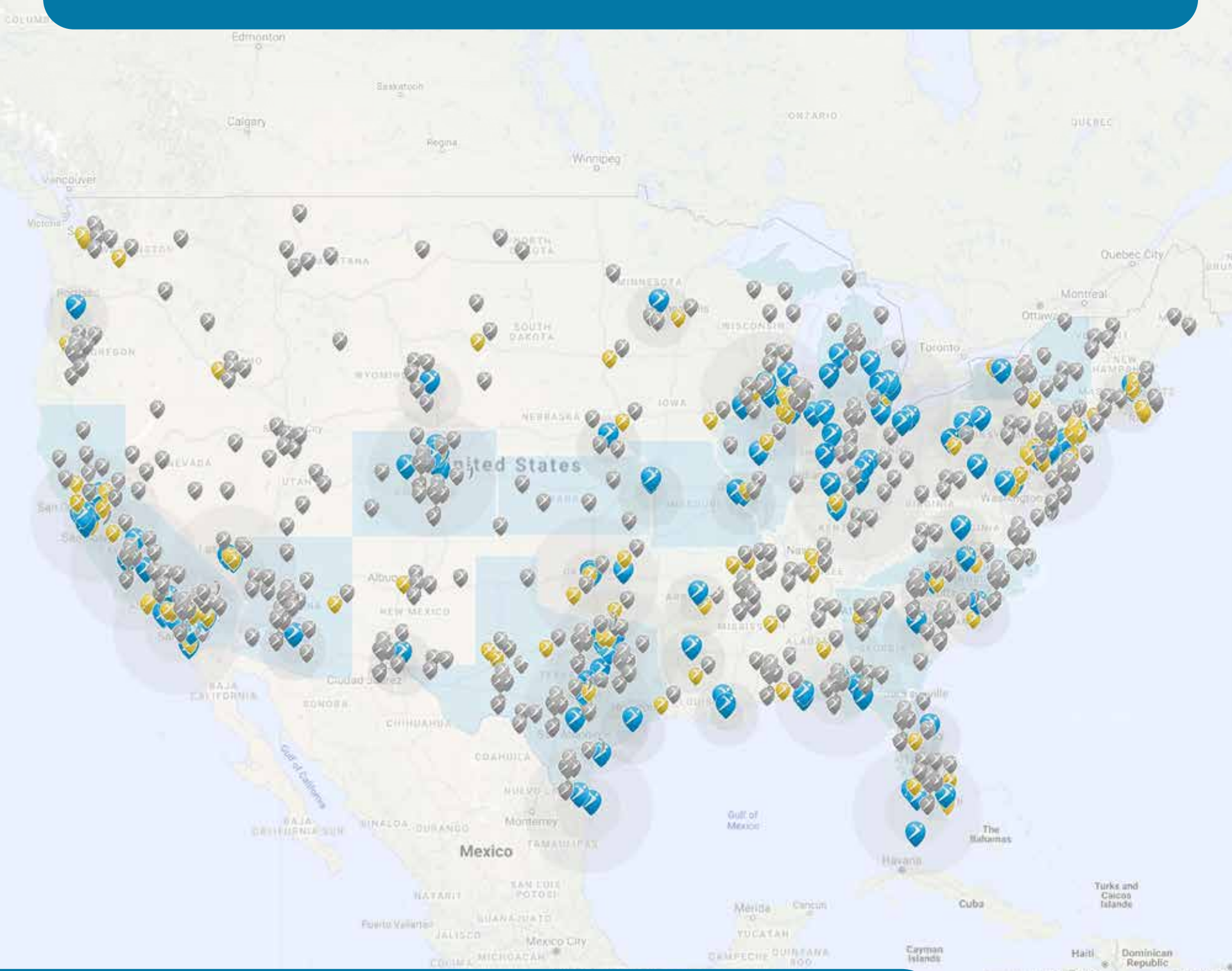
INSTALLATION

MOBILE APP



A COMPREHENSIVE  
COMMUNITY WELLNESS  
PROGRAM

# National Fitness Campaign Grows to 5000 Cities & Schools by 2030



**NFC'S GOAL**  
**BUILD A FREE OUTDOOR FITNESS COURT® WITHIN A 10 MINUTE BIKE RIDE OF EVERY AMERICAN**



**AMERICA'S LARGEST PUBLIC-PRIVATE WELLNESS PARTNERSHIP**

**MAJOR HEALTHCARE PROVIDERS**  
**MUNICIPALITIES • SCHOOLS**  
**INDUSTRY AFFILIATES • CORPORATIONS & LOCAL SPONSORS**





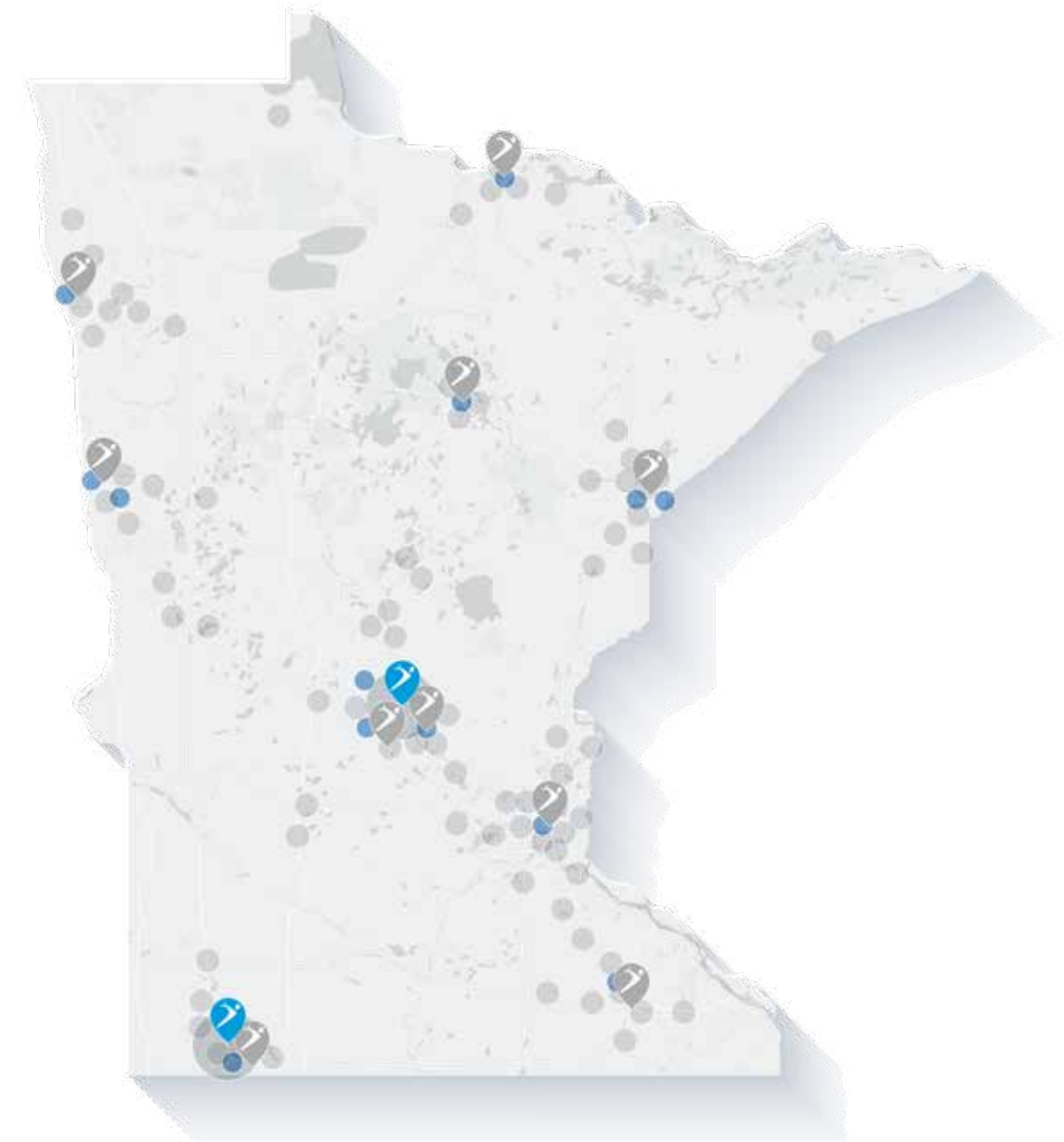
# 2024 MINNESOTA CAMPAIGN

PRESENTED BY



Strategic Plan Adopted for Health Impact Across State

Limited funding for 10 communities in 2024

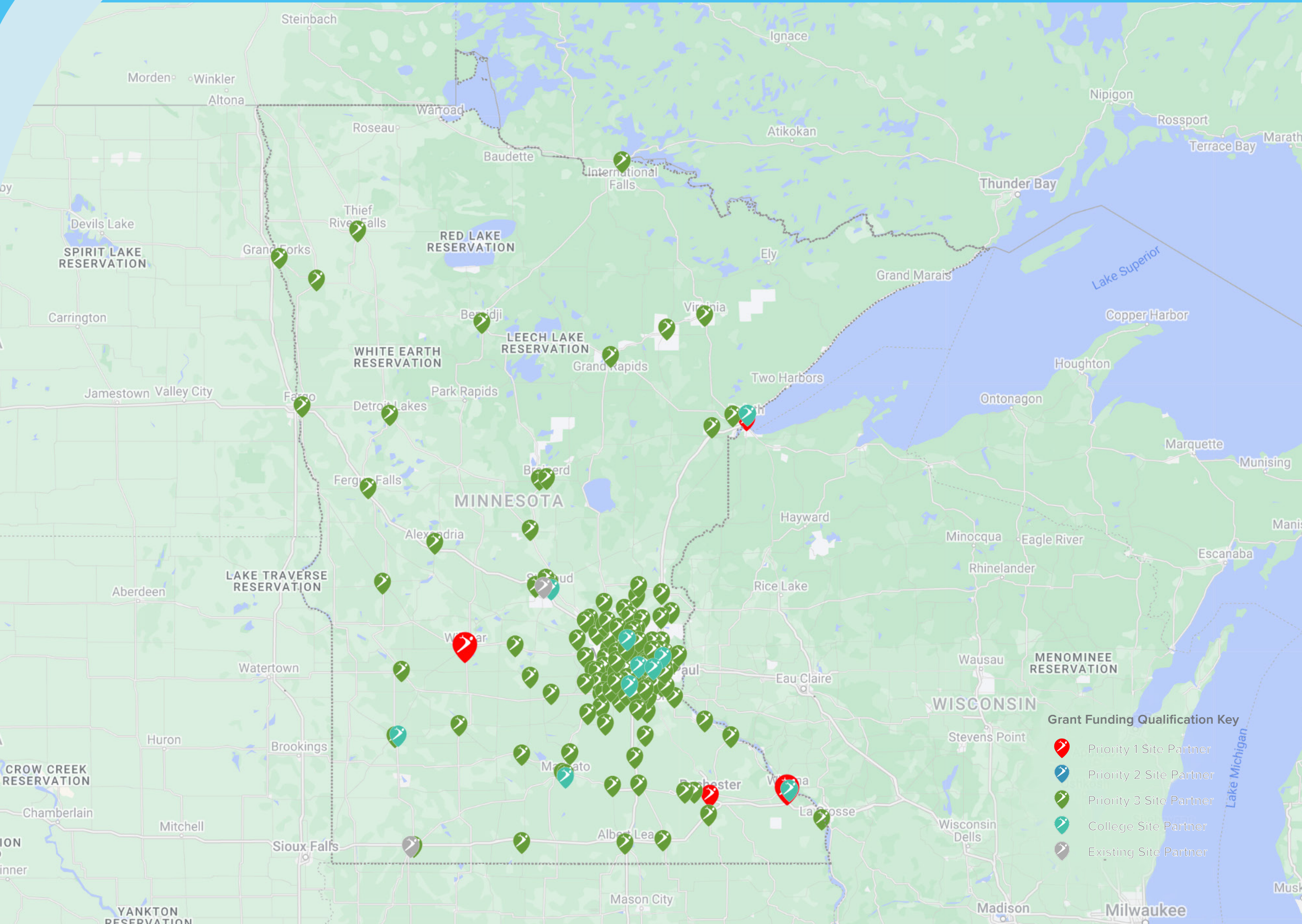


**\$500,000 in Funding Now Available  
for Qualified Site Partners**



# 2030 Minnesota State Health Impact Plan

Version 1.1 Adopted Oct 2022



### Grant Funding Qualification Key

- Priority 1 Site Partner
- Priority 2 Site Partner
- Priority 3 Site Partner
- College Site Partner
- Existing Site Partner

## 2030 Minnesota State Health Impact Plan

In coordination with a statewide analysis of pedestrian infrastructure, communities and open space, and a public health needs assessment, NFC and BCBSMN have adopted a 2030 Partnership Master Plan to build healthy communities across the state of Minnesota.

- 200 Site partners coming to Minnesota by 2030
- Funding for first 50 site partners being distributed by 2025
- Multi-year grant funding and partnership applications now available for all qualification tiers
- All municipalities and schools identified are now being encouraged to qualify their community for partnership and funding



# NFC Grant Requirements

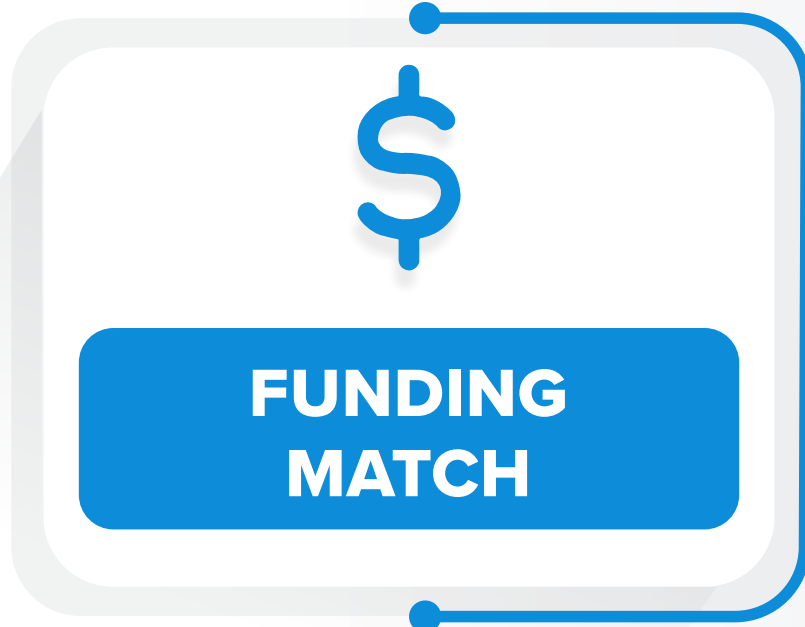
Program Qualification



**STEP 1**



**STEP 2**



**STEP 3**



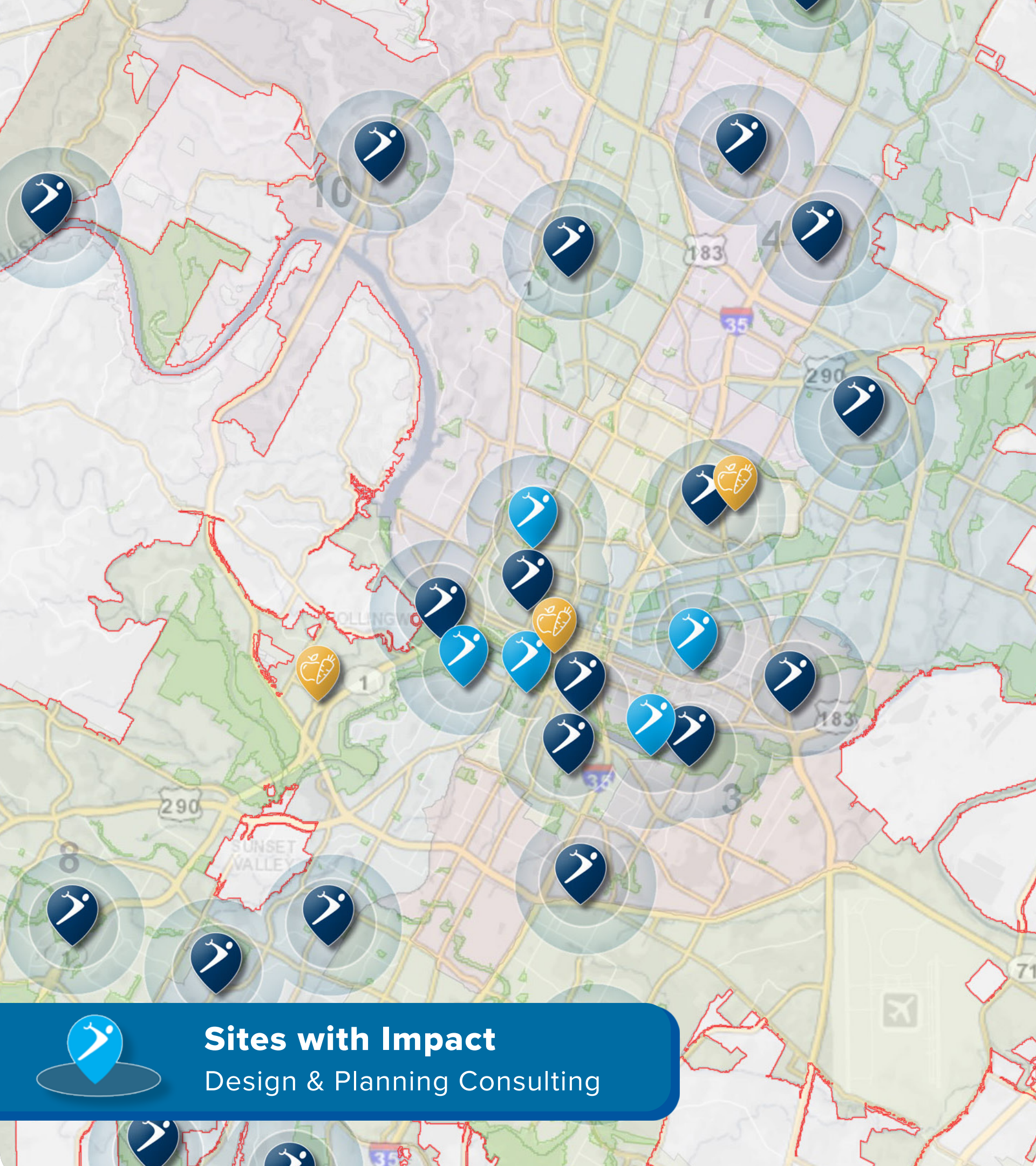
**STEP 4**

**NFC GRANT PROGRAM QUALIFICATION REQUIREMENTS**



# STEP 2

Qualify site locations for Funding



# 1

## VISIBLE

Site locations must be recognizable with high visibility.



# 2

## ACTIVE

Site locations must be heavily trafficked and centrally located.



# 3

## CONNECTED

Site locations must be integrated with pedestrian infrastructure.



# STEP 3

## 2024 CAMPAIGN FUNDING REQUIREMENT

### NFC PROGRAM FUNDING

The Fitness Court® and National Campaign Services

\$ 160,000

NFC & Blue Cross Blue Shield of Minnesota Grant Funding Award (Variable Grants Available)



(\$30,000-\$50,000)

\$30,000 FOR AREAS OUTSIDE OF STATE SPONSOR REGION

Art & Custom Color Options



Local Artist  
**\$25,000**

Blue Cross Blue Shield of Minnesota Local Artist Grant

(\$25,000)

**NFC PROGRAM TOTAL \$ 110,000-130,000**

### CONCRETE SLAB

Can be performed in-house or in-kind

est. \$ 0-20,000

### NFC APPROVED INSTALLER NETWORK - INSTALLATION TEAM

Turn Key Fitness Court Assembly

Art & Graphic Installation

Installation Partner (separate agreement)

\$ 25,000

With Prevailing Wage Rates: \$27,000

Fitness Court installation is a specialized installation that requires expertise, proper certifications, and proven field experience

**INSTALLATION & CONCRETE TOTAL ESTIMATE \$ 25,000-47,000**



**AWARDEE TOTAL  
REMAINING  
FUNDING  
REQUIREMENT**

**PROGRAM + INSTALLATION**

**\$135,000-  
\$177,000**

Includes standard art collection

# 2024 CAMPAIGN FUNDING REQUIREMENT



## STEP 3

### NFC PROGRAM FUNDING

The Fitness Court® Studio and National Campaign Services

\$ 195,000

National Fitness Campaign Grant Award



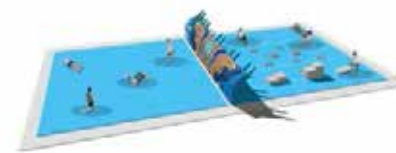
(\$30,000-\$50,000)

*(varies per state)*

Fitness Court® Studio Art Options: *(note: powder-coating color and included art design dependent on state sponsor)*



Design Studio Standard Art  
Included



Local Artist  
\$25,000

OPTIONAL

NFC PROGRAM TOTAL \$ 145,000-165,000

### CONCRETE SLAB (FULL STUDIO DIMENSIONS 38X76)

Can be performed in-house or in-kind

est. \$ 0-40,000

### NFC APPROVED INSTALLER NETWORK - INSTALLATION TEAM

Turn Key Fitness Court® Studio Assembly  
Art & Graphic Installation  
Installation Partner *(separate agreement)*

\$ 32,500

*With Prevailing Wage Rates: \$34,500*

*Fitness Court® Studio installation is a specialized installation that requires expertise, proper certifications, and proven field experience*

INSTALLATION & CONCRETE TOTAL ESTIMATE \$ 32,500-72,500



AWARDEE TOTAL  
REMAINING  
FUNDING  
REQUIREMENT

PROGRAM + INSTALLATION

**\$177,500-**  
**\$237,500**

*Includes standard art collection, does not include prevailing wage rates*

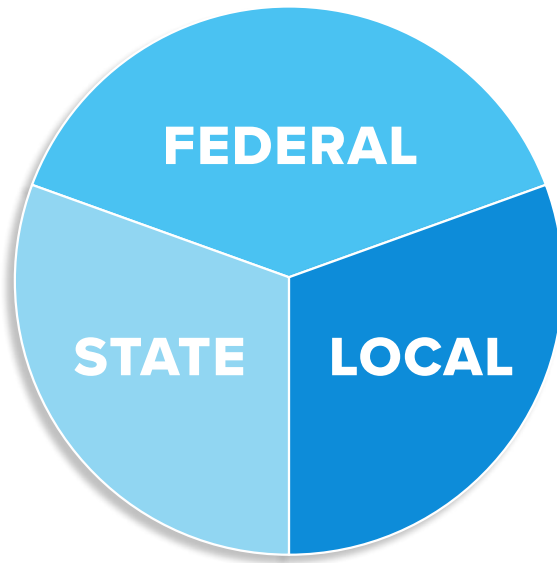
# Alternate Funding Pathways

Federal | State | Local | Regional



**ALTERNATE FUNDING PATHWAYS**  
NFC CONSULTATIVE SUPPORT

## FEDERAL AND STATE FUNDING



Expert funding consulting  
for eligible partners



## LOCAL AND REGIONAL SPONSORS



# 2024 GRANT APPLICATION PERIOD NOW OPEN



Campaign seeking qualified applicants able to meet the 2024 time frame for adoption and local funding match.



## Partnership Qualification Process Campaign Overview

# STEP 4

### PRE APPLICATION PHASE

- 1 Feasibility Review
- 2 Evaluation Call
- 3 Non-Binding Grant Application

### AWARD PHASE

- 4 Award of Grant Eligibility *(First Come, First Served for Qualified Applicants)*
- 5 Local Adoption by Governing Body
- 6 Develop and Confirm Funding Match

### LAUNCH PHASE

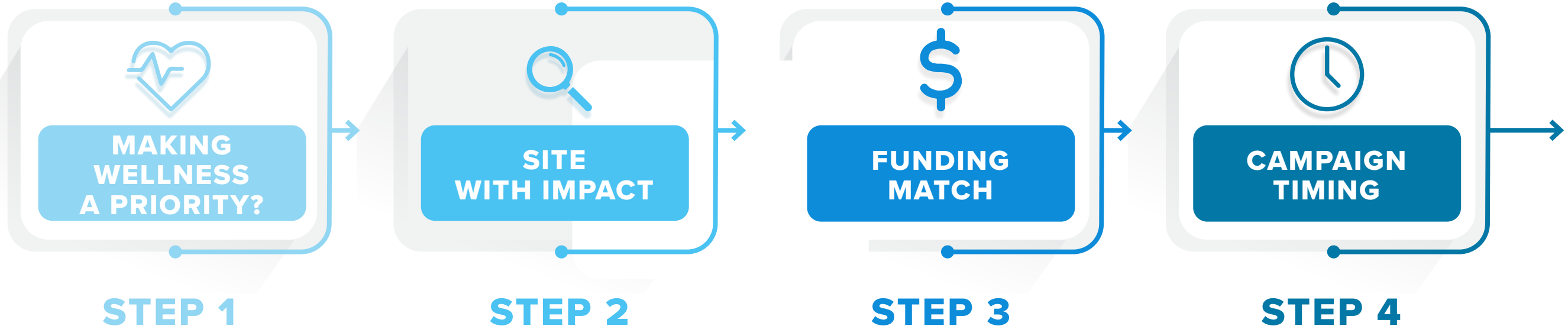
- 7 Shipment for Storage
- 8 Install Concrete Slab and Art Approval
- 9 Fitness Court Assembly
- 10 Press Launch Ceremony

## **FITNESS COURT OPEN!**



# Discussion - Q&A

National Fitness Campaign



**SCHEDULE EVALUATION CALL**

**NEXT STEP**

