

AMERICA'S LARGEST PUBLIC-PRIVATE WELLNESS PARTNERSHIP

CELEBRATING 750TH
Healthy Community this Year



NOW FUNDED
to welcome 1000 Healthy
Communities by 2026

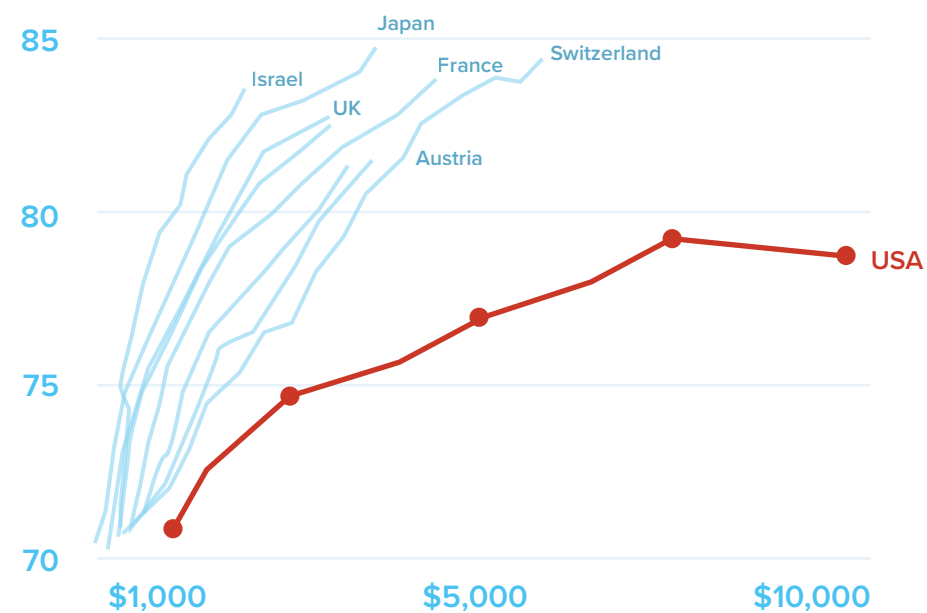
CAMPAIGN MISSION : to Build Healthy Communities

WHY THE CAMPAIGN DOES IT

TO MAKE WORLD CLASS FITNESS FREE



Life Expectancy vs Health Expenditure



UNDERSTANDING THE PROBLEM

AMERICA IS FACING A HEALTH CRISIS CAUSED BY SEDENTARY LIFE-STYLES AND CITIES DESIGNED FOR CARS. USA SPENDS MORE MONEY THAN ANY OTHER ON HEALTHCARE WITH POOR RESULTS.



BECOMING THE SOLUTION

WHEN COMMUNITIES ARE DESIGNED TO SUPPORT WELL-BEING, HEALTH OUTCOMES CHANGE!




WHAT THE CAMPAIGN DOES

A COMPREHENSIVE COMMUNITY WELLNESS PROGRAM

ACADEMIC ADVISORY COUNCIL



JULIA BUCHANAN 
University of Cincinnati
Associate Professor and Program Coordinator of
Exercise and Health and Wellness Management
| Ph.D., ACSM-EP®, MCHES®, NBC-HWQ, EIM-II



ANNA TAGGART 
Texas A & M
Director of Fitness | ACE Group Fitness,
Personal Trainer, Certified Health Coach,
YogaFit 200 Hour Trauma Informed RYT





FITNESS COURT

WORLDS BEST OUTDOOR GYM



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



CORE



SQUAT



PUSH



LUNGE



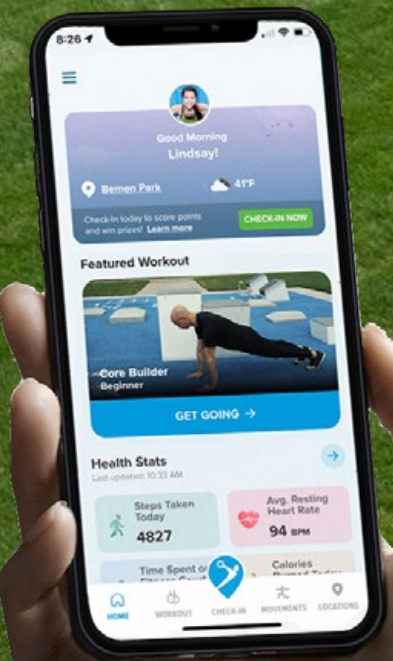
PULL



AGILITY



BEND





CAMPAIGN IMPACT | NFC

BUILDING HEALTHY COMMUNITIES

1. BE A PART OF THE NATIONAL FITNESS CAMPAIGN

AMERICA'S LARGEST PUBLIC PRIVATE WELLNESS PARTNERSHIP

2. HEALTH BENEFITS

MORE TIME OUTDOORS, IMPROVED MENTAL & PHYSICAL WELLNESS

3. HEALTHY INFRASTRUCTURE

PLACES DESIGNED FOR PEOPLE

4. BUILDING COMMUNITY

CREATING A WELLNESS CULTURE THAT IS SOCIAL, CONNECTED AND FUN

5. ACADEMIC SUCCESS

HEALTHIER, HAPPIER, PEOPLE

