



ACHIEVEMENT AWARDS



SUBMISSION FORM

All submission forms must include the following information. Separate submission forms must be turned in for each eligible program. **Deadline: July 1, 2024.** Please include this submission form with the electronic entry. If you do not receive an email confirming receipt of your entry within 3 days of submission, please contact [Gage Harter](#).


PROGRAM INFORMATION

County: Pulaski County
Program Title: Outdoor Fitness Court
Program Category: Parks and Recreation

CONTACT INFORMATION

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SIGNATURE OF COUNTY ADMINISTRATOR OR DEPUTY/ASSISTANT COUNTY ADMINISTRATOR

Name: Jonathan Sweet
Title: County Administrator
Signature: 

Introduction:

The County of Pulaski would like to nominate the Pulaski County Outdoor Fitness Court at Randolph Park for recognition as an outstanding community resource that has significantly addressed local health and wellness needs. This innovative project has not only provided a much-needed fitness solution but has also fostered community engagement, promoting a healthier and more active lifestyle among residents of all ages.

Identifying the Need:

Pulaski County, like many communities, faced a growing concern over the health and well-being of its residents. Increasing rates of obesity, sedentary lifestyles, and limited access to affordable fitness facilities posed significant challenges. Public parks and recreation areas were underutilized, and there was a pressing need for accessible, versatile, and engaging fitness options. Additionally, the absence of an indoor recreation facility in Pulaski County left residents with limited opportunities to promote their health and wellness, particularly during inclement weather or the colder months.

Addressing the Problem:

The Pulaski County Outdoor Fitness Court was developed as an innovative approach to recreation and fitness in our rural community. It was a featured part of the 2023 initiative launched by National Fitness Campaign (NFC), a nationwide wellness consulting firm that partners with municipalities and schools to plan, build, and fund Healthy Communities. NFC's award-winning initiative is now planning its 500th Healthy Community in America and is poised to deliver vital outdoor wellness programs to help fight the obesity epidemic across the country.

Implementation and Funding:

In 2023, the County of Pulaski and dozens of other select recipients from around the country were awarded a \$25,000 grant from NFC to help support the program. In addition to grant funding, the Pulaski County Board of Supervisors approved additional funding to make the project possible. This collaborative effort between NFC and local government ensured that the Fitness Court could be brought to life, providing an innovative and accessible fitness solution for the community.

The Fitness Court:

The new Fitness Court at Randolph Park is the world's best outdoor gym, allowing users to leverage their own body weight to get a complete workout using seven stations. Created for adults aged 14 and older, the Fitness Court is adaptable for all fitness levels. Users can also download the free Fitness Court App — a coach-in-your-pocket style platform — that transforms the world's best outdoor gym into a digitally supported wellness experience. The Fitness Court App is available for both iOS and Android devices, enhancing the overall user experience and providing guided workouts for individuals at all fitness levels.

Community Engagement and Impact:

On October 5, 2023, Pulaski County held a ribbon-cutting ceremony to introduce the community to the Fitness Court at Randolph Park. Since then, the use of the facility has taken off. Individuals can often be found utilizing the court and the App for a full-body workout. Additionally, the Parks and Recreation Department has created several clubs and group fitness classes that are held daily at the court. These classes offer a variety of options for differing skill levels, from beginners to advanced fitness enthusiasts, fostering a sense of community and collective motivation.

The introduction of the Outdoor Fitness Court has brought numerous benefits to the community:

Accessibility and Inclusion: By being free and open to the public, the Fitness Court has eliminated financial barriers to exercise. Its design accommodates individuals of different ages and fitness levels, promoting inclusivity and encouraging everyone to participate.

Health Improvement: The court provides a convenient and enjoyable way for residents to incorporate physical activity into their daily routines. Regular use of the Fitness Court has led to noticeable improvements in physical health, including weight management, cardiovascular fitness, and overall well-being.

Educational Opportunities: The Fitness Court has been used to host fitness classes, workshops, and health events, providing valuable education on exercise techniques, nutrition, and overall wellness. These initiatives have empowered residents with knowledge and skills to lead healthier lives.

Community Cohesion: The court has become a social hub, attracting individuals, families, and groups who come together to exercise and support each other's fitness goals. This sense of community has fostered social connections and collective motivation, strengthening the fabric of the community.

Economic Impact: By revitalizing a public space and increasing foot traffic, the Fitness Court has positively impacted local businesses. Nearby establishments have reported increased patronage from people visiting the court, contributing to the local economy.

Conclusion:

The Pulaski County Outdoor Fitness Court stands as a testament to the power of community-driven solutions in addressing public health challenges. Its success has not only improved individual health outcomes but has also strengthened community ties and enhanced the quality of life for residents. For these reasons, I wholeheartedly nominate the Pulaski County Outdoor Fitness Court for this prestigious recognition.

Executive Summary: Pulaski County Outdoor Fitness Court Nomination

The Pulaski County Outdoor Fitness Court is an exemplary community resource that addresses local health and wellness needs, providing a much-needed fitness solution and fostering community engagement. Faced with rising obesity rates, sedentary lifestyles, and limited access to affordable fitness facilities, Pulaski County saw the necessity for accessible, versatile, and engaging fitness options, especially in the absence of an indoor recreation facility.

The Fitness Court was a key feature of the 2023 initiative launched by the National Fitness Campaign (NFC), a nationwide wellness consulting firm. NFC partners with municipalities and schools to plan, build, and fund Healthy Communities, and has been pivotal in combating the obesity epidemic across the country. Pulaski County was awarded a \$25,000 grant from NFC, supplemented by additional funding from the Pulaski County Board of Supervisors, to bring this project to life.

Opened on October 5, 2023, at Randolph Park, the world-class outdoor gym allows users to leverage their own body weight across seven workout stations, catering to adults aged 14 and older of all fitness levels. The Fitness Court is supported by a free mobile app, offering guided workouts and enhancing the overall user experience.

The Fitness Court has become a central community hub, encouraging daily use and hosting group fitness classes organized by the Parks and Recreation Department. These classes accommodate various skill levels, promoting inclusivity and fostering a sense of community. The court's accessibility and free use have eliminated financial barriers to exercise, leading to noticeable health improvements among residents, including weight management, cardiovascular fitness, and overall well-being.

Additionally, the Fitness Court has served as an educational platform for fitness classes, workshops, and health events, empowering residents with knowledge on exercise techniques and nutrition. The increased foot traffic has positively impacted local businesses, contributing to the local economy.

In summary, the Pulaski County Outdoor Fitness Court has successfully addressed public health challenges, improved individual health outcomes, strengthened community ties, and enhanced residents' quality of life. It stands as a testament to the power of community-driven solutions and deserves recognition for its significant contributions.



Pulaski County, VA
Take the Challenge
#FitnessCourt

FITNESS COURT PRESENTED BY
PULASKI COUNTY

HOW IT WORKS
3:00



SCAN
for workouts
challenges & more

WARNING
All You
Join Risk

BE PART OF BRINGING THE
WORLD'S LARGEST FREE
OUTDOOR GYM NETWORK
To bring a Fitness Court to your community visit
www.outdoorfitnessnetwork.com

PULASKI COUNTY
Pulaski County, VA





