



CITY OF DEWITT

DEWITT CITY HALL · 414 EAST MAIN STREET · DEWITT, MICHIGAN 48820

**CITY OF DEWITT
DEWITT CITY HALL
414 EAST MAIN STREET DEWITT MI 48820
Parks, Rec, Cemetery & Tree Commission Meeting Agenda
Wednesday, February 14, 2024 6:00 P.M.**

Call to Order

Approval of Agenda

Approval of Minutes October 11, 2023 Meeting Minutes

Public Comments

New Business

- 1.) **Review National Fitness Campaign Fitness Court Grant Opportunity**

Recommended Action: Discussion

- 2.) **Discussion of Policy of Memorial Park Gazebo – Mayor Plaques**

Recommended Action: Discussion

Adjournment

Official minutes of the Parks, Recreation and Cemetery Commission Meetings are available for public inspection at the Clerk's Office, 414 East Main Street, DeWitt, Michigan 48820. The City of DeWitt will provide to individuals with disabilities, reasonable auxiliary aids and services which are needed to fully participate in any meeting provided a 72-hour notice is received by phone or in writing. Contact the City Clerk at 414 East Main Street, DeWitt, Michigan 48820 or by calling (517) 669-2441.

POSTED: FEBRUARY 9, 2024

City of DeWitt
Parks, Recreation, Cemetery and Tree Commission
DeWitt City Hall 414 East Main Street
Wednesday, October 11, 2023
6:00 P.M.

CALL TO ORDER:

Chair Donohue called the October 11, 2023, Parks, Recreation, Cemetery and Tree Commission Meeting to order at 6:00 P.M.

ROLL CALL:

Present: Commissioners Donohue, Lenneman, Costigan, Vacancy

Absent: Ladd

Staff: Daniel Coss, City Administrator

AUDIENCE: None

APPROVAL OF AGENDA:

Motion by Commissioner Lenneman, supported by Commissioner Costigan to approve the agenda for October 11, 2023. **MOTION CARRIED UNANIMOUSLY.**

APPROVAL OF MINUTES:

Motion by Commissioner Lenneman, supported by Commissioner Costigan to approve the meeting minutes for August 9, 2023. **MOTION CARRIED UNANIMOUSLY.**

PUBLIC COMMENTS: None

OLD BUSINESS: None

NEW BUSINESS

1.) **Review and select playground equipment for McGuire Park**

The Commission reviewed several different types of climbing equipment for McGuire Park.

After a brief discussion the commission approved and recommended to City Council a design with Quantis M.2, Mobius Climber and two (2) spinners. The color pattern of blue and yellow was determined to be the best fit for McGuire Park.

Meeting adjourned at 6:45 P.M.

Respectfully Submitted,
Daniel Coss, Recording Secretary

Staff Report for
Parks, Recreation, Cemetery & Tree Commission

Agenda Item: NB #1
Meeting Date: February 14, 2024

TO: Parks, Recreation, Cemetery and Tree Commissioners
FROM: Dan Coss, City Administrator
DATE: February 9, 2024
SUBJECT: National Fitness Campaign – Fitness Court Grant Opportunity

FACTS: Attached are three (3) documents with information about the National Fitness Campaign's (NFC) Fitness Court Grant opportunity.

The NFC has received funding from Priority Health to assist with installing their Fitness Courts throughout Michigan. There are currently 15 grants, from \$30,000-\$50,000, available to communities in Michigan.

The Fitness Court's are approximately 38-feet x 38-feet with seven (7) workout stations (page 7 of NFC Fitness Court Presentation). The participants can download a workout app to their phone from NFC for suggested workouts at no cost.

The Fitness Court compliments some of the improvements that the Parks Commission has identified for the Sports Park, i.e., walking path around perimeter, repurpose Field #1, etc...

These grants are a first come first serve, with a relatively streamlined application process. The grant review process takes approximately two-weeks from submittal of the application.

If there is interest in pursuing this grant, the City match would be \$150,000-\$175,000 to have a fitness court installed.

I will give a short presentation to the Commission on the NFC Grant program at the meeting.

RECOMMENDED ACTION: Discussion



CAMPAIGN BRIEFING

WELCOME





AMERICA'S LARGEST PUBLIC-PRIVATE WELLNESS PARTNERSHIP



CELEBRATING 500TH
Healthy Community this Year



NOW FUNDED
to welcome 1000 Healthy
Communities by 2025

CAMPAIGN MISSION: to Build Healthy Communities

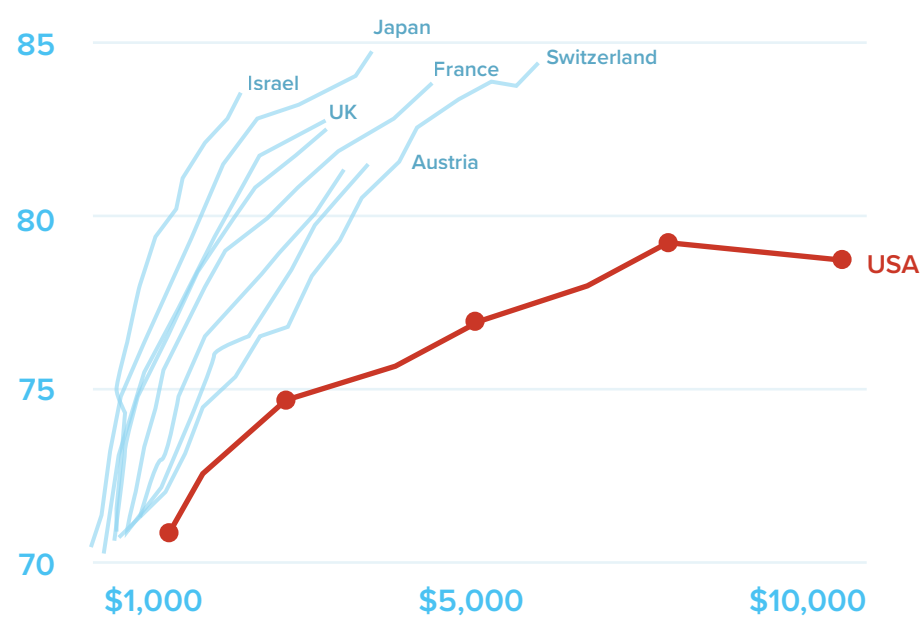


WHY THE CAMPAIGN DOES IT

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!



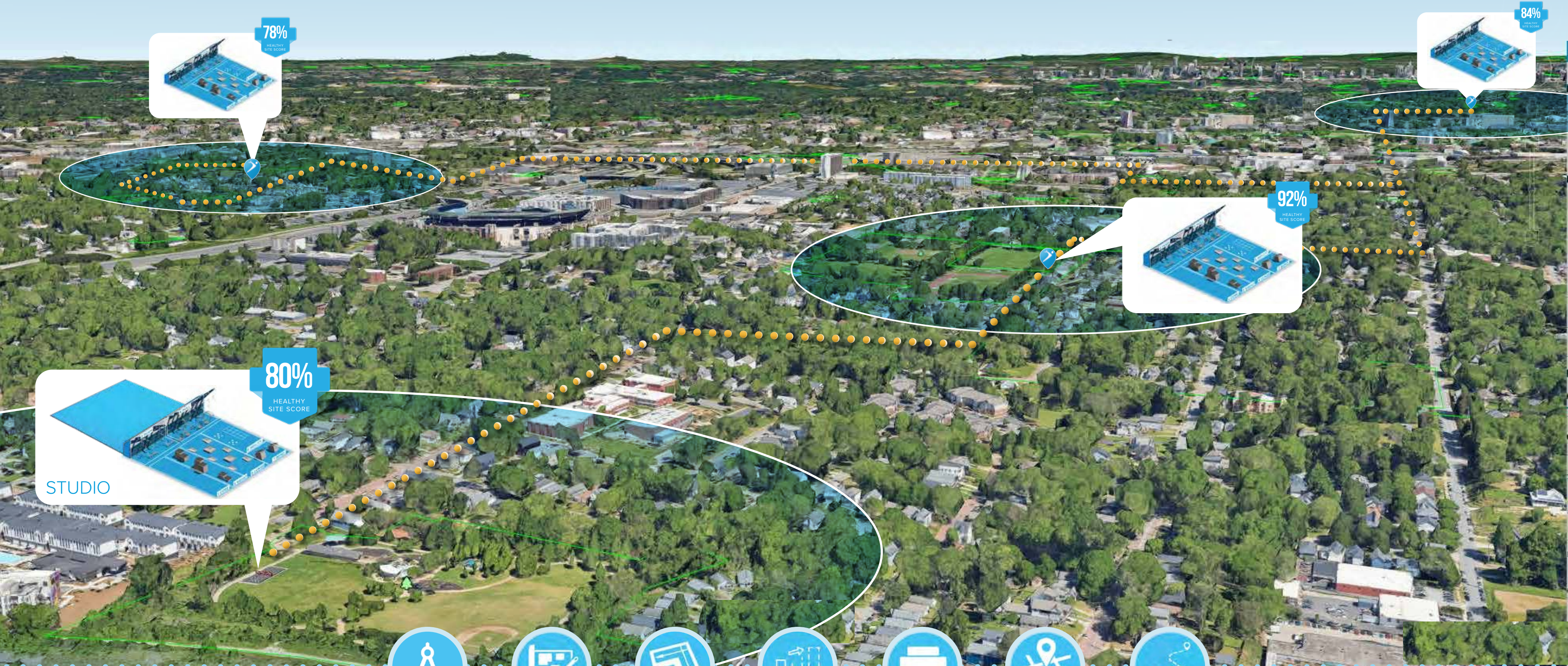
BROUGHT TO YOU BY





FITNESS COURT | HEALTHY INFRASTRUCTURE PLANNING

MULTI-SITE PLANNING FOR HEALTH IMPACT

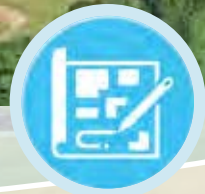


STUDIO

BUILDING HEALTHY COMMUNITIES
MULTI-SITE PHASING FOR HEALTH IMPACT
HEALTHY SITE SCORE (HSS)



PLANNING



PHASING



LAYOUTS



PROJECTIONS



SCORES



MAPPING



TRAILS



WHAT THE CAMPAIGN DOES
A COMPREHENSIVE COMMUNITY WELLNESS PROGRAM

DESIGN & PLANNING

LAUNCH & PRESS

SPONSOR SUPPORT CAMPAIGN

PUBLIC ART

GRANT FUNDING

AMBASSADOR TRAINING

INSTALLATION

MOBILE APP





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

NEW FOR 2024



FITNESS COURT
COMMUNITY WELLNESS HUB

STUDIO



COMMUNITY WELLNESS PROGRAMMING
WELCOMES ENTIRE COMMUNITY
MAYORS WELLNESS SERIES



HIIT



YOGA



ZUMBA



DANCE



STRETCH



KICKBOXING



TAI-CHI



FITNESS COURT | ART

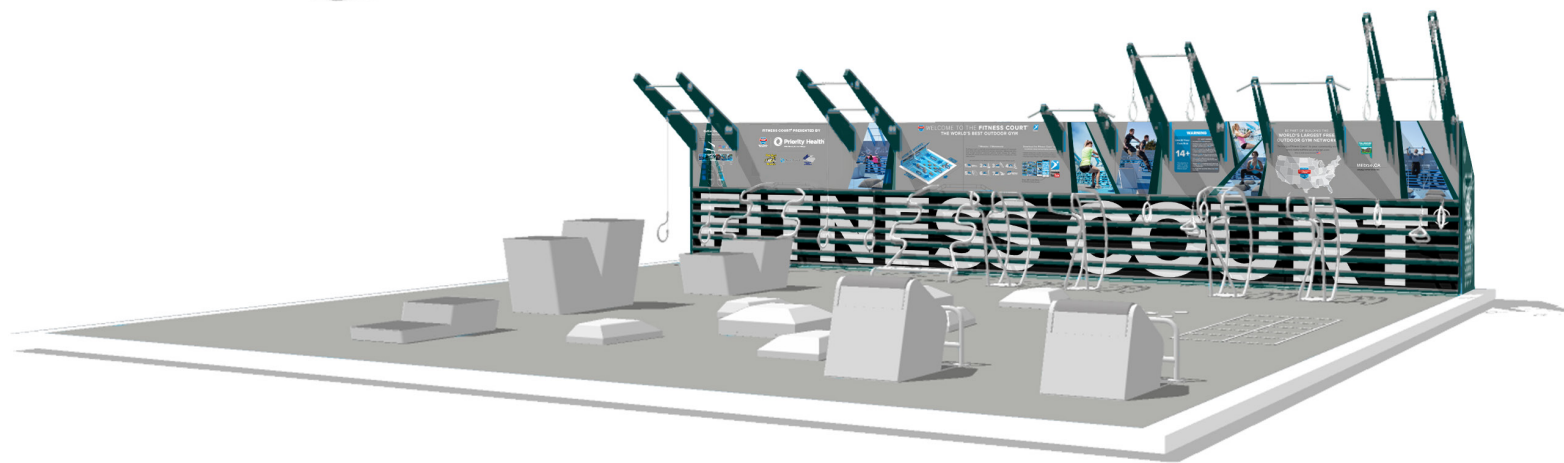
EVERY FITNESS COURT IS A WORK OF ART



WORK WITH LOCAL ARTISTS
NFC DESIGN STUDIO

WORLD RENOWN ARTIST GALLERY
KEITH HARING | JEAN MICHEL BASQUIAT

Fitness Court® Public Art



2024 NFC State Sponsor Art Collection

No Additional Funding Required

EACH FITNESS COURT® IS A ONE-OF-A-KIND WORK OF ART.

NFC DESIGN STUDIO

Additional Funding Required:
\$10,000



Final design works in collaboration with State Sponsor.

LOCAL ARTIST

Additional Funding Required:
\$25,000



Final design works in collaboration with State Sponsor.

FEATURED ARTIST

Additional Funding Required:
\$35,000

Limited licenses available



2023 JEAN-MICHEL BASQUIAT



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 WELLBEING

3. HEALTHY INFRASTRUCTURE

PLACES DESIGNED FOR PEOPLE NOT CARS

4. BUILDING COMMUNITY

CREATING A WELLNESS CULTURE THAT IS SOCIAL, CONNECTED AND FUN!

5. REDUCED HEALTHCARE COSTS

HEALTHIER, HAPPIER, PEOPLE



2024 STATEWIDE CAMPAIGN



NATIONAL FITNESS CAMPAIGN

2024

200 NEW PARTNERS

WE'RE PLEASED TO ANNOUNCE THE 2024 CAMPAIGN



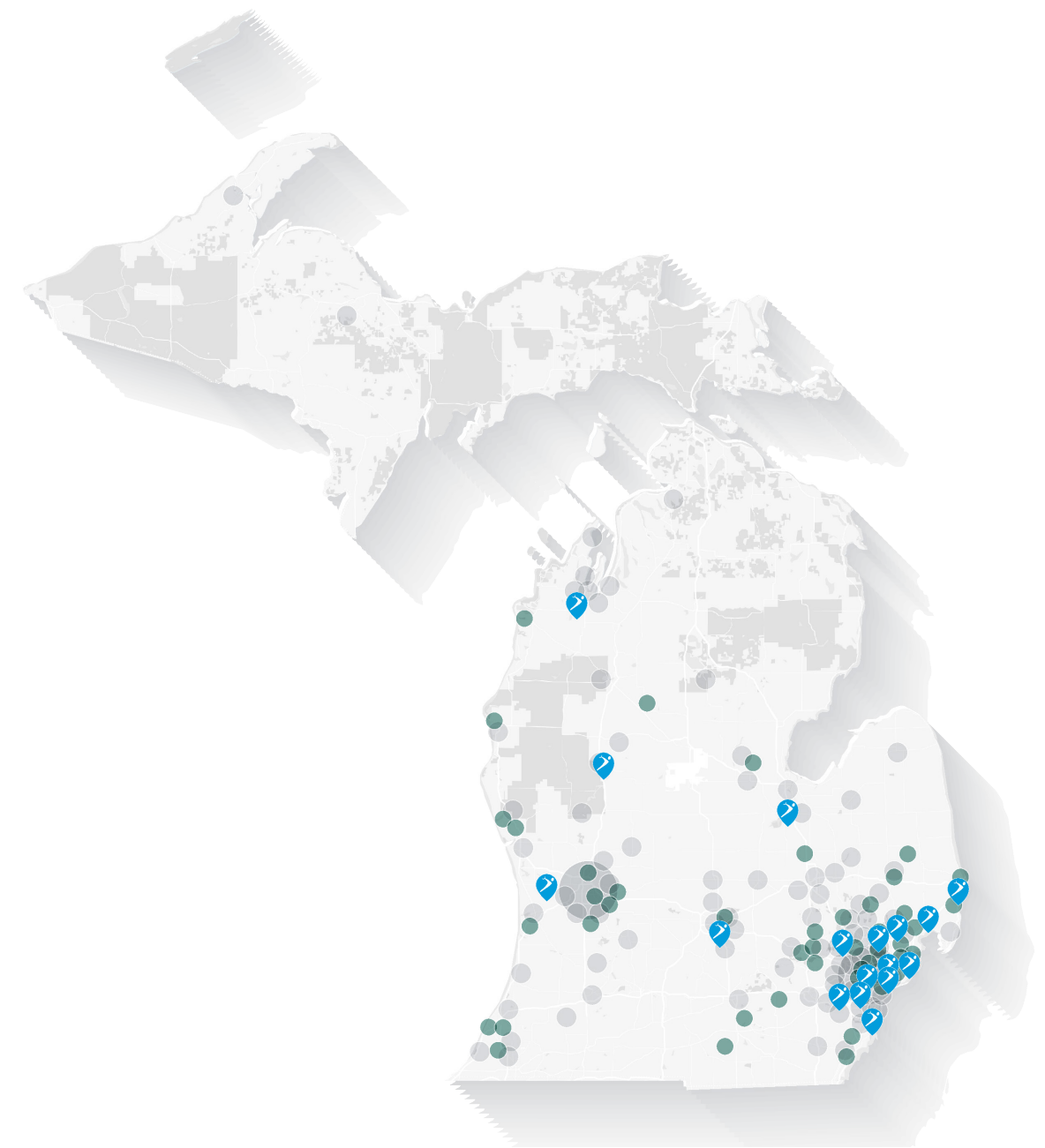
2024 MICHIGAN CAMPAIGN

PRESENTED BY



Strategic Plan Adopted for Health Impact Across State

Limited funding for 15 communities in 2023



\$750,000 in Funding Now Available for Qualified Site Partners

NFC Grant Requirements

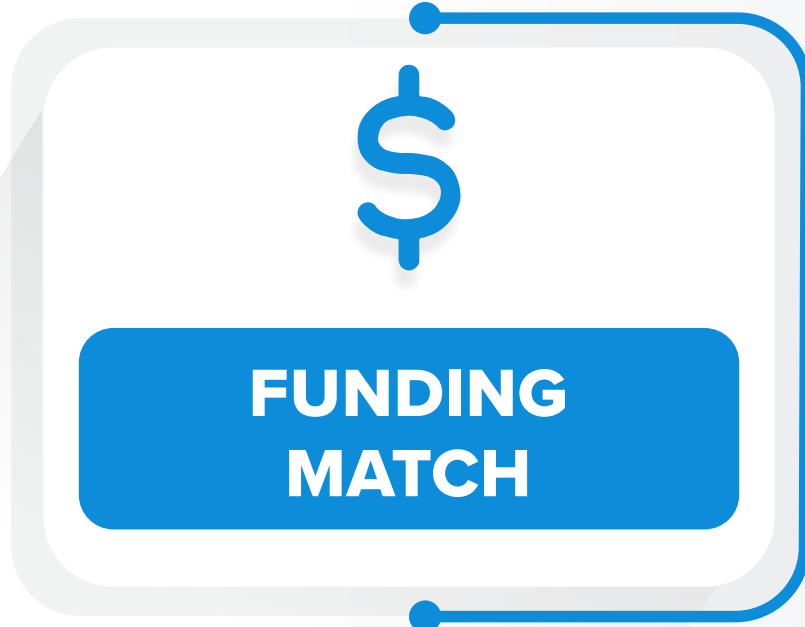
Program Qualification



STEP 1



STEP 2



STEP 3



STEP 4

JOIN THE CAMPAIGN



STEP 1

LEADERSHIP SUPPORT

*BUILD CONSENSUS / CONFIRM FEASIBILITY
MUNICIPAL LEADER SUPPORT*

SHARE 3 MINUTE VIDEO





STEP 2

SITES WITH IMPACT

*IDENTIFY SITES THAT MEET CRITERIA
FOR FUNDING*

*HEALTHY INFRASTRUCTURE PLANNING
• VISIBLE • CONNECTED • ACCESSIBLE •*

**SUBMIT SITES FOR
CONSIDERATION**





STEP 3

FUNDING MATCH

*NFC GUIDES FUNDING PLAN
CIP • STATE/NATIONAL • LOCAL SPONSORS*

**GRANT FUNDING AVAILABLE:
\$30,000-\$50,000 PER SITE**

*GRANT FUNDING TYPICALLY SUPPORTS ABOUT
1/3 OF FUNDING REQUIREMENT*

PROGRAM FUNDING REQUIREMENT

\$150,000-\$225,000

PER SITE





STEP 4

QUALIFY FOR GRANT

- A. PRE-APPLICATION PHASE*
- B. GRANT AWARD*
- C. BUILD/SITE PLAN*
- D. LAUNCH LOCAL CAMPAIGN*

**SUBMIT GRANT
APPLICATION**



JOIN US

LET'S BUILD HEALTHY COMMUNITIES
TOGETHER



Discussion - Q&A

NEXT STEP



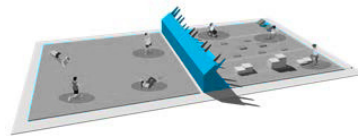
**ATTEND PARTNERSHIP QUALIFICATION
CALL IF APPROPRIATE**

DISCUSSED AT NEXT STEP:

- 1. FEASIBILITY & ALIGNMENT WITH LOCAL PRIORITIES**
- 2. SITE ANALYSIS & LOCATION OPTIONS FOR FUNDING CONSIDERATION**
- 3. FUNDING REQUIREMENT DETAILS AND GRANT PROGRAM & AVAILABILITY FOR YOUR STATE**
- 4. NON-BINDING GRANT QUALIFICATION PROCESS**

STEP 3

2024 CAMPAIGN FUNDING REQUIREMENT

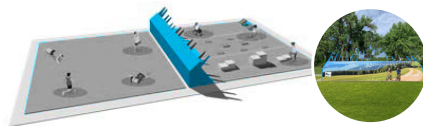


NFC PROGRAM FUNDING

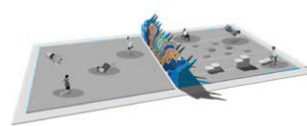
The Fitness Court® Studio and National Campaign Services **\$ 195,000**

NFC Grant Funding Award  **(\$30,000-\$50,000)**

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**

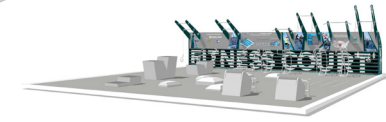
CONCRETE SLAB (FULL STUDIO DIMENSIONS 38X76) **est. \$ 0-40,000**
Can be performed in-house or in-kind

NFC APPROVED INSTALLER NETWORK INSTALLATION TEAM **\$ 32,500**
Turn Key Fitness Court Assembly
Art & Graphic Installation *With Prevailing Wage Rates: \$34,500*
Installation Partner *(separate agreement)*

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

FITNESS COURT STUDIO & INSTALLATION TOTAL ESTIMATE AFTER \$50,000 GRANT FUNDING **\$ 217,500***

**Assumes concrete pad costs of \$40,000 (national average) and includes Standard Art*



NFC PROGRAM FUNDING

The Fitness Court® and National Campaign Services **\$ 160,000**

NFC Grant Funding Award  **(\$30,000-\$50,000)**

Art & Custom Color Options



NFC Standard
Included



NFC Design Studio
\$10,000



Local Artist
\$25,000



Featured Artist
\$35,000

OPTIONAL

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

CONCRETE SLAB **est. \$ 0-20,000**
Can be performed in-house or in-kind

NFC APPROVED INSTALLER NETWORK INSTALLATION TEAM **\$ 25,000**
Turn Key Fitness Court Assembly
Art & Graphic Installation *With Prevailing Wage Rates: \$27,000*
Installation Partner *(separate agreement)*

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

FITNESS COURT & INSTALLATION TOTAL ESTIMATE AFTER \$50,000 GRANT FUNDING **\$ 155,000***

**Assumes concrete pad costs of \$20,000 (national average) and includes Standard Art*



FITNESS COURT

IMPACT REPORT

2023 MICHIGAN STATE SPONSOR CAMPAIGN





BROUGHT TO YOU BY





Part 1

NFC Campaign Status



WE BUILD HEALTHY COMMUNITIES



WELCOME TO THE FITNESS COURT™
THE WORLD'S BEST OUTDOOR GYM

7 Minutes - 7 Movements

1. 2. 3. 4. 5. 6. 7.

HOW IT WORKS

PART OF BUILDING THE WORLD'S LARGEST FREE OUTDOOR GYM NETWORK

SANTA ANA
Santa Ana, CA

WE BUILD HEALTHY COMMUNITIES

NFC Mission and Why it Matters



Problem

Nationwide Obesity

New CDC data shows the prevalence of obesity shot up across all states in 2022 with every state and territory now having obesity levels over 20%. Twenty-two states recorded more than 35% of their populations are obese, up from 0 states a decade ago. Dr. Karen Hacker, director of the National Center for Chronic Disease Prevention and Health Promotion, says the solution is no secret. *“We know the key strategies that work include addressing the underlying social determinants of health such as access to healthcare, healthy and affordable food, and safe places for physical activity.”*

Solution

Outdoor Healthy Infrastructure

The momentum is growing to use the built environment to chip away at the current health crisis by expanding the number of parks and miles of trails to draw more people out of their cars. With a focus on wellness planning, National Fitness Campaign designs Fitness Courts® as healthy hubs in parks and along trails that promote pedestrian access in cities and schools creating a lasting wellness culture.



Physical inactivity costs health systems \$27 billion a year, and by 2030, \$300 billion.

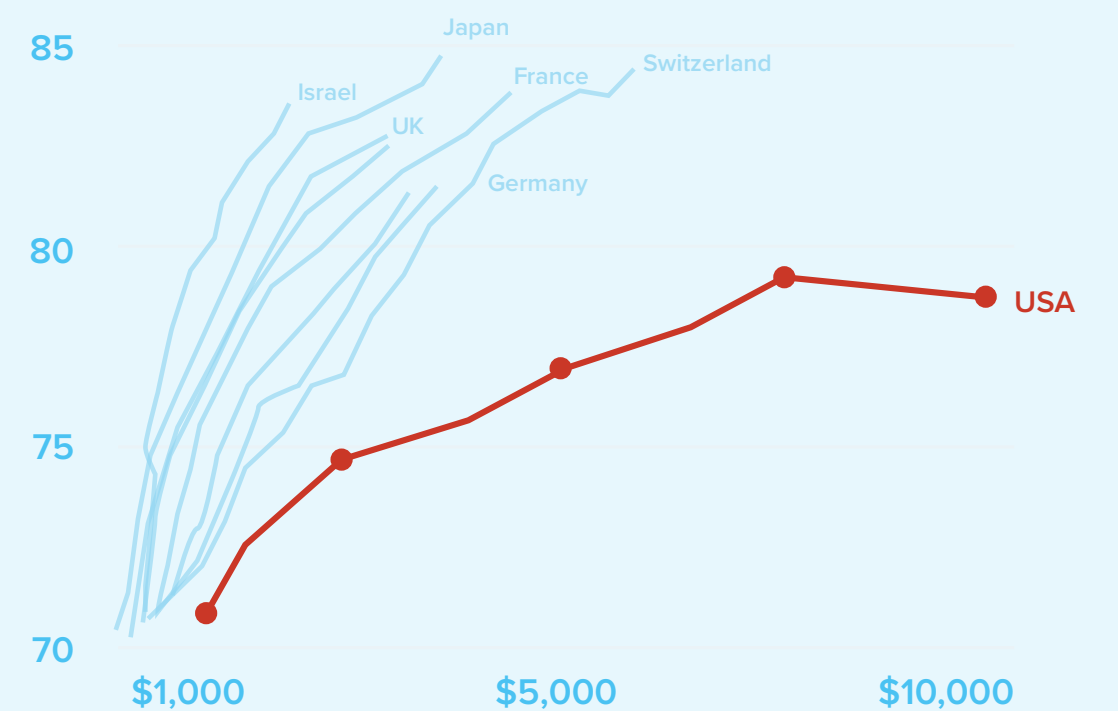
World Health Organization, 2022



Daily movement outside makes us healthier and happier!

National Library of Medicine

Life Expectancy vs Health Expenditure



Modified chart from ourworldindata.org



Part 2 State Progress

\$1.6M

Invested in
Healthy Infrastructure
across state in 2023

260+

Stakeholder
Connections
in 2023

30

Total Open
Fitness Courts®
Across the State



LEADERS ACROSS MICHIGAN

Featured Officials in the State Campaign



Grand Blanc, MI
Mayor Susan Soderstrom



Westland, MI
Mayor Michael Landeau



River Rouge, MI
Mayor William Campbell



Tallmadge Charter Township, MI
Township Supervisor Mark Bennett



Union Charter Township, MI
Township Supervisor Brian Mielke



Green Lake Township, MI
Township Supervisor Marvin D.
Radtke, Jr.



Mayor Michael Landeau
City of Westland, MI



OVERALL STATE ACCESSIBILITY

Combined Priority Health and
NFC Fitness Court Network Stats

Totaling 30 Sites



FITNESS COURTS®



681,593

Total Population Served
by a 10 Minute Bike Ride

of total Fitness Courts® (30) open across the state of MI



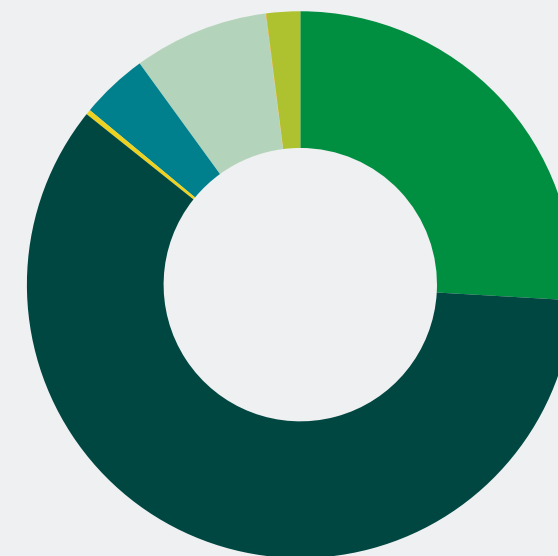
36,500

Total Population Served
by a 10 Minute Walk

of total Fitness Courts® (30) open across the state of MI

Ethnicity Breakdown of Population Served

by a 10 min bike ride across 30 Fitness Courts® in the state



- Black / African American
- White
- American Indian / Native American
- Asian
- Hispanic / Latino
- Native Hawaiian / Pacific Islander
- Other Race

Demographic breakdown sourced from Census Bureau's American Community Survey (ACS)



Part 3
Value Delivery

57,687,500

Estimated Calories Burned a Year
Across MI Network 2023

230,750

Estimated Annual Uses
Across MI Network 2023

22

Fitness Court[®]
Ambassadors
Added This Year

 Priority Health
Fitness Courts





FITNESS COURTS®



RELATIONSHIPS

With Municipal and Higher Education Leaders

Health impact starts by building bridges at the local level. It begins by investing in relationships with mayors, civic and educational leaders, and hearing what their communities need in order for residents to thrive and achieve optimal health to live their healthiest lives. Priority Health is now connected with 19 civic and 1 school leader in 20 active cities in Michigan. With multiple local sponsors across site partners in 2023, relationships have been built with leaders to deliver free, accessible outdoor wellness programming to communities across the state.





FITNESS COURTS®

VISIBILITY

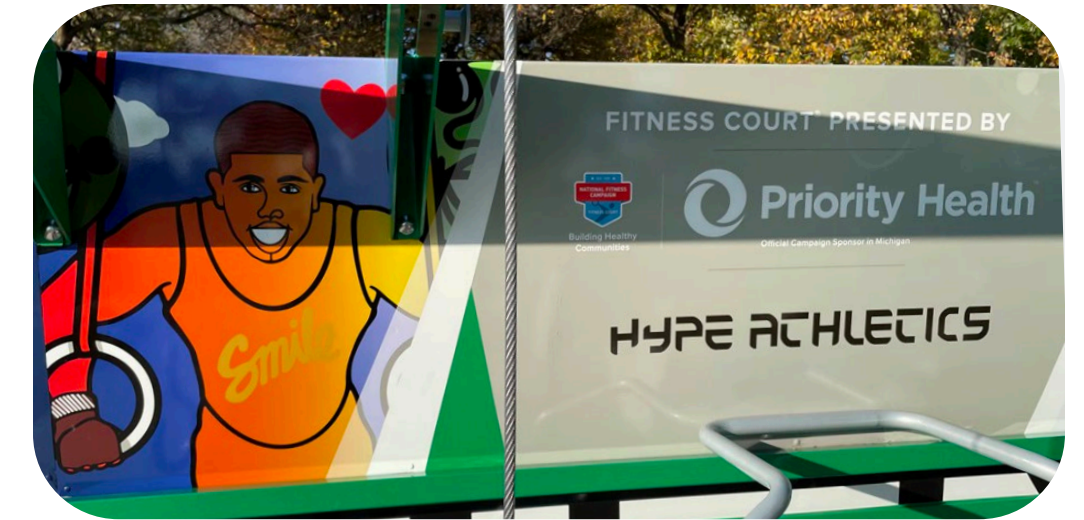


Combining Wellness and the Arts Across the State

Each Fitness Court® is a work of art. The statewide public art campaign provides long lasting visibility in vibrant public spaces with art murals. State Sponsors across the country are joining in this effort to deliver inspirational murals with the additional dimension of art to the Fitness Courts®, uniting and inspiring local communities. Local communities that choose the public art component offer a unique cultural storytelling opportunity through the Fitness Court®, providing an inspiring and aesthetically pleasing wellness space.



Union Charter Township





Part 4 Featured Stories



Launch Spotlight
Grand Blanc, MI



Local Artist Spotlight
Andrea Croft



User Spotlight
Lynn Daughtery - Highest # Check-ins





Launch Spotlight

Grand Blanc, MI

I've been to other places where I've seen Fitness Courts® like this. They are really well used and it's just another incentive for people to be downtown and enjoy what we have.

- Mayor Susan Soderstrom

ABOUT THE LAUNCH:

Directly behind City Hall in Grand Blanc, MI sits a new Priority Health Fitness Court® at Dennis S. Smith Park. This Priority Health Fitness Court® launched with an exciting community-focused event on June 14th featuring Mayor Soderstrom, City Council Representatives along with Police and Fire Department leadership.

Dennis S. Smith Park holds a special place in the community's heart, named in honor of the city's first Fire Chief. Additional projects within the park include a playground for children to coincide with the Fitness Court® for adults.

Priority Health's Vice President of Care Management Ann Donnelly shared Priority Health's commitment to health equity in the community and across the state of Michigan in her opening remarks: "We really take the health of our entire state of Michigan and our community seriously. So, that's why we're investing in these Fitness Courts® across the entire state of Michigan – the whole lower mitten – so that we can hopefully encourage our entire state of Michigan to be more active and to be healthier," said Donnelly.

Following the remarks and ribbon cutting, City Council members along with a few Grand Blanc firefighters gave a demonstration on each of the seven stations of the Fitness Court® to show beginner, intermediate and advanced levels of exercises. Local fitness trainers from Ascension Genesys Health Club were on site to host an express Fitness Court® class, with plans to continue programming at the Fitness Court®. News coverage from MLive, News12 ABC, MidMichiganNow and the Flushing View captured the excitement and community involvement of this special day in Dennis S. Smith Park.





Local Artist Spotlight

Andrea Croft “The Landscape that Makes Us”

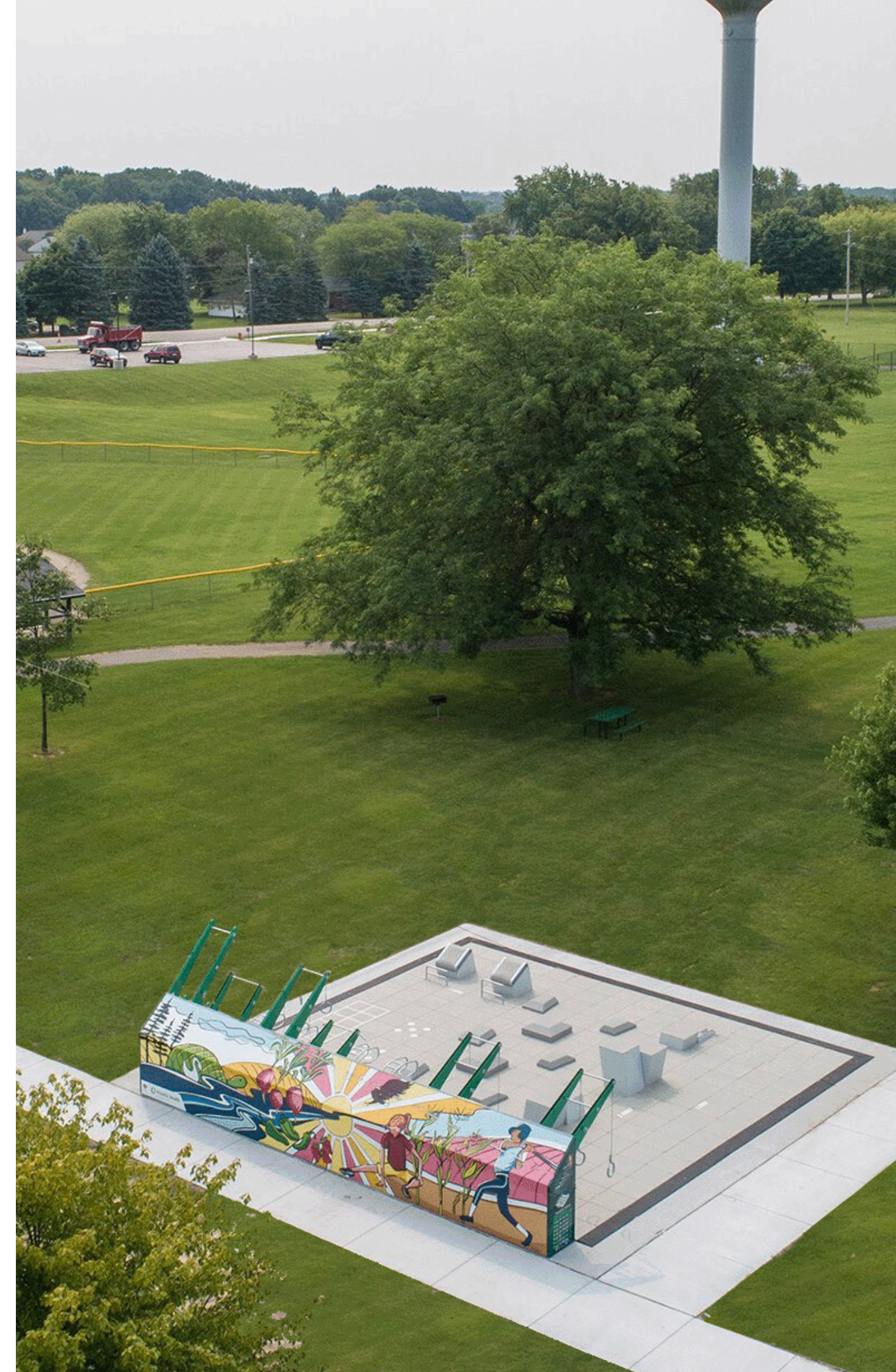
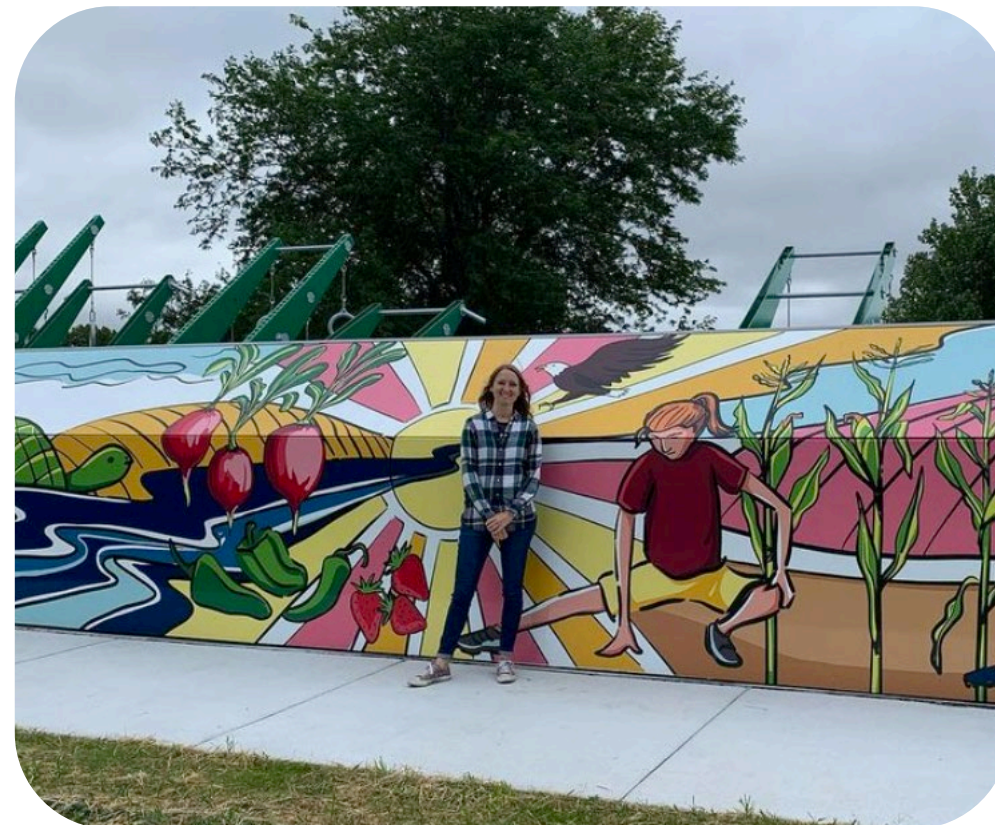
I feel so honored to have my work on display!

ABOUT ANDREA:

Andrea is a Freelance Illustrator, designer and educator based in Mt. Pleasant, Michigan. Her work focuses on hope, growth and joy along the arduous journeys that life takes us on. She is inspired by nature, our connections with each other, and the spirit of love that is deep within. Andrea loves designing interactive artwork that goes beyond static viewing to engage more than just the sense of sight. Watercolors, mixed media and digital drawing are the avenues she uses for creating unique pieces that bring people together.

The mural art that Andrea designed for the Fitness Court at Union Charter Township is titled: “The Landscape that Makes Us,” honoring the Saginaw Chippewa Indian Tribe. Andrea’s goal was to highlight their beautiful heritage with the community in Mt. Pleasant, MI on this mural art. All of the cultural elements from the Saginaw Chippewa Indian Tribe influenced what she included in this piece of art,

including an eagle, which is a nod to the Soaring Eagle Casino just down the road from the Fitness Court at McDonald Park.





User Spotlight | Lynn Daughtery

Highest Number of Check-ins at Westland

“I love using the Fitness Court; the movements at the stations are helping me tremendously.”

A HEALTHY LIFESTYLE FOR THE AGES

Lynn’s commitment to wellness has been a lifelong journey. Her dedication to healthy eating and daily movement is a testament to her proactive approach to life. With an impressive average of 10,000 to 14,000 steps a day, Lynn exemplifies consistency and determination. Having been a member of Weight Watchers for decades, she achieved a remarkable feat in 1977 by shedding over 80 pounds—a victory that has contributed to her enduring health.

EMBRACING THE FITNESS COURT

The Westland Fitness Court, nestled within Lynn’s beloved park, has become her sanctuary for invigorating workouts. This innovative outdoor Fitness Court is designed to provide a full-body workout through its seven exercise stations. For Lynn, these movements have been a game-changer, helping her achieve newfound strength and mobility without the burden of back or knee pain.

A SENIOR TRAILBLAZER

Lynn’s commitment to fitness extends beyond her personal journey—it’s an inspiration to those around her, proving that age is just a number. She proudly attended the ribbon-cutting ceremony of the Westland Fitness Court, where her vibrant spirit and dedication caught the attention of many. Lynn’s photo was snapped on that day, capturing a moment that symbolizes the strength and potential of seniors to embrace an active lifestyle.

As of today, Lynn has visited the Fitness Court an impressive **31 times in just one month since its opening**. Living merely two streets away, she walks to the park and back every day, showcasing her unwavering dedication to health and fitness.



65 Check-Ins to Date and Counting!





FITNESS COURT

IMPACT REPORT

2023 MICHIGAN STATE SPONSOR CAMPAIGN



NATIONAL FITNESS CAMPAIGN

nationalfitnesscampaign.com • info@nfchq.com • 415.702.4919
San Francisco, USA



PRIORITY HEALTH

priorityhealth.com • 800.942.0954
Michigan, USA

Staff Report for
Parks, Recreation, Cemetery & Tree Commission

Agenda Item: NB #2
Meeting Date: February 14, 2024

TO: Parks, Recreation, Cemetery and Tree Commissioners

FROM: Dan Coss, City Administrator

DATE: February 9, 2024

SUBJECT: Memorial Park Gazebo – Mayor Plaques

FACTS: The gazebo in Memorial Park has plaques inside the gazebo of former mayors for the City of DeWitt that are now deceased. The plaques contain the name, birth date and death date.

The current policy calls for plaques to be installed in honor of a mayor once they are deceased. There has been a request to have the Parks Commission consider revising the policy to have plaques installed with the mayor's name during their term of office and left in the gazebo in perpetuity.

RECOMMENDED ACTION: Discussion