



FOR IMMEDIATE RELEASE

THE CITY OF STANTON LAUNCHES THE FITNESS COURT® PRIORITIZING COMMUNITY HEALTH AND WELLNESS IN CALIFORNIA

New project is part of National Fitness Campaign – a nationwide initiative to build Healthy Communities

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STANTON, Calif. (MAY, 9, 2024): On Thursday, May 16 the City of Stanton will unveil an outdoor Fitness Court® at Stanton Park, improving and enhancing the quality of life for our residents. This capital project is a featured part of the 2024 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 helping to fight the obesity epidemic across the country.

This year, the City and dozens of other select recipients from around the country were awarded a grants from NFC to help support the program.

"We are thrilled to partner with National Fitness Campaign to bring this incredible resource to Stanton Park," said Mayor, Dave Shawver. "The Fitness Court aligns perfectly with our commitment to promoting health and wellness within our community. This initiative not only enhances the quality of life for our residents but also serves as a testament to our dedication to fostering a healthier future for generations to come."

The new Fitness Court® at Stanton 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. 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 iOS and Android.

"We are excited to have Stanton Park join us in the journey to health and wellness as we make a positive impact building Healthy Infrastructure across America," said Mitch Menaged, Founder of National Fitness Campaign. "The addition of the Fitness Court® along with ongoing engagement in healthy lifestyles demonstrates a tremendous commitment to the community."

Residents are invited to attend an Opening Day Launch Event on Thursday, May 16 at 3:00pm to try the Fitness Court and learn about upcoming community wellness events and programming. For more information, visit StantonCA.gov, or contact the Community Services Department at (714) 890-4270.

About Stanton

The City of Stanton is located in northwestern Orange County. With a population of more than 39,000 in 3.1 square miles, many residents enjoy a small-town community feeling. The City was incorporated in 1956 and has enjoyed growth and prosperity since that time. The City's motto - Community Pride and Forward Vision identifies Stanton as a place where innovation and pride in the community are an important aspect of life in Stanton.

About National Fitness Campaign

[National Fitness Campaign \(NFC\)](http://www.nationalfitnesscampaign.com) is a wellness consulting firm - founded in San Francisco, California in 1979 - that offers grant funding, project management and master planning services to cities, schools and sponsors to build healthy communities. The Fitness Court® is a trademarked 7-minute workout system, created by NFC Founder, Mitch Menaged, that was designed to be the world's best outdoor gym. NFC's mission is to build healthy communities by building an outdoor Fitness Court® within a 10-minute bike ride of every American. Learn more about NFC at www.nationalfitnesscampaign.com.

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