

OFFERED BY COUNCILORS TANIA FERNANDES ANDERSON, COLETTA ZAPATA,
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WEBER, WORRELL AND LOUIJEUNE



CITY OF BOSTON

IN THE YEAR TWO THOUSAND TWENTY FIVE

RESOLUTION RECOGNIZING THE NATIONAL FITNESS CAMPAIGN

- WHEREAS,** Focusing on healthy eating, active living, early detection screening, and addressing social determinants of health can be associated with improved mental health, emotional, sexual, and physiological health; *and*
- WHEREAS,** According to Mindbody, an organization which provides supports for fitness centers across the globe, Bostonians spend 23% more a year on fitness than the average American; *and*
- WHEREAS,** The City of Boston takes pride in ensuring that all residents are just a 10-minute walk away from a local park, and similarly, there should be a strong emphasis on providing equitable access to health and wellness facilities for everyone; *and*
- WHEREAS,** The National Fitness Campaign (NFC) is an organization which works with municipalities, schools, and sponsors across America to plan, design, fund and activate healthy communities and schools of the future, with a 2030 goal to fund 5,000 free outdoor Fitness Courts within a 10-minute bike ride of every American.; *and*
- WHEREAS,** In addition, in the creation of their Fitness Courts NFC partners with local artists and other creatives to ensure that each space reflects and expresses the local community's history, pride, and vibrancy; *and*
- WHEREAS,** Data from the Boston Public Health Commission reliably finds neighborhoods like Roxbury face higher rates of heart disease, asthma and diabetes, as well as lower life expectancies, indicating a strong need for intentional health and wellness spaces and programming accessible to low-income communities; *and*
- WHEREAS,** As the City of Boston continues to emerge from the COVID-19 pandemic, creating space for physical activities, exercise, and health and wellness spaces will help improve health outcomes, create new community gathering spaces, and help improve mental health;
- NOW THEREFORE BE IT**
- RESOLVED:** That the Boston City Council offers its support for the National Fitness Campaign in their pursuit of creating easier access to outdoor physical health and wellness activities; **AND BE IT FURTHER**

RESOLVED: That the Boston City Council encourages the City of Boston to partner with organizations like the National Fitness Campaign in order to expand access to outdoor health and wellness spaces.

Filed: January 29, 2025