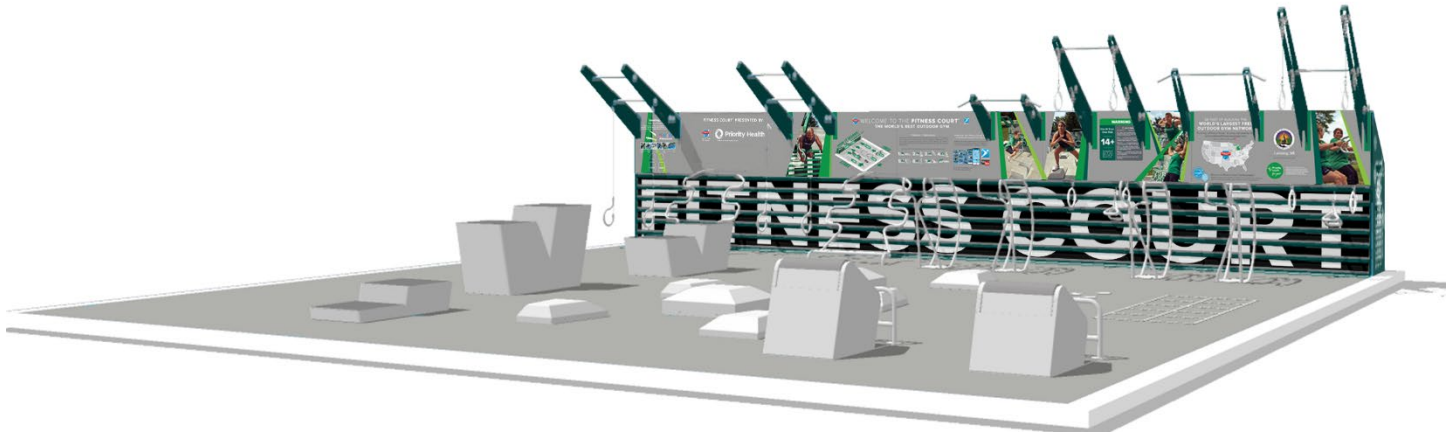




UNION TOWNSHIP HOSTS RIBBON CUTTING TO CELEBRATE THE NEW MCDONALD PARK FITNESS COURT



WHEN: Thursday, September 7 at 10 a.m.

WHERE: McDonald Park, South Side of E. Pickard Rd., 1/8 of a mile west of S. Lincoln Rd.

VISUALS:

Opportunity for media to record footage from the ribbon cutting. Local fitness ambassadors from the community will be demonstrating the seven exercise stations. Representatives from the National Fitness Campaign and Priority Health, the Michigan sponsoring agency, will also be available for individual interviews.

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The Charter Township of Union is pleased to partner with the National Fitness Campaign and Priority Health to announce the opening of a new Outdoor [Fitness Court®](#) at the Township's McDonald Park. The recently completed Fitness Court will officially be unveiled at a ribbon-cutting ceremony on Thursday, September 7, 2023 at 10:00 a.m. This launch is made possible

thanks to the statewide partnership between Priority Health and the National Fitness Campaign to expand free access to high-quality workouts and exercise in communities across Michigan.

The new Fitness Court at McDonald Park is an open-air wellness center that allows users to leverage their own body weight to get a complete workout. Created with adults of all ages in mind, the Fitness Court is adaptable for all fitness levels. They can also be used in group or solo settings with local [volunteer ambassadors](#) leading classes for groups. New and solo users can also download the free [Fitness Court App](#) — a coach-in-your-pocket style platform — that transforms the outdoor gym into a digitally supported wellness ecosystem. The Fitness Court App is available for iOS and Android.

With 5,410 active users in 2022, it's estimated that over 33.8 million calories and 9,660 pounds are burned in one year on the Priority Health Fitness Court network.

“At Priority Health, we believe all people have the right to a healthy life and that’s why we are committed to investing in the community to help reduce barriers to free, accessible fitness and improve wellness for the neighbors of Union Township,” said Praveen Thadani, president of Priority Health. “We are excited to partner with Union Township and the National Fitness Campaign to open this Priority Health Fitness Court as we continue to expand on this initiative across the state.”

“I believe the Fitness Court is a fantastic addition to McDonald Park and I look forward to utilizing the fitness court on a regular basis, said Amy Peak, who works nearby at the Township Hall. “I am so excited it’s finally here and can’t wait to incorporate it into my fitness routine!”

The Township Administration partnered with Art Reach of Mid Michigan to issue a “Call to Artists” earlier this year. Isabella County based artists were invited to create and submit artwork for potential display on the Fitness Court, with the selected local artist to receive an award of \$5,000.00 from the National Fitness Campaign. The work of the selected artist, [Andrea Croft](#), reflects the unique local heritage of the community and is visible from Pickard Rd. near the east entrance to McDonald Park.

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ABOUT NATIONAL FITNESS CAMPAIGN:

Founded in San Francisco in 1979, [National Fitness Campaign](#) is a wellness consulting firm that provides programs and services to cities, schools and sponsors with the mission to build healthy communities nationwide. The campaign delivers an integrated wellness initiative, centered around the Fitness Court®—the world's best outdoor gym. National Fitness Campaign is planning its 500th healthy community, uniting the country’s largest public-private partnership in support of wellness with the goal of building a Fitness Court® within a 10-minute bike ride of every American. For more, visit www.nationalfitnesscampaign.com.

ABOUT PRIORITY HEALTH:

With over 30 years in business, Priority Health is the second largest health plan in Michigan, offering an extensive portfolio of health benefits options for [employer groups](#) and [individuals](#), including [Medicare](#) and [Medicaid](#) plans. Serving more than one million members each year and offering a broad network of primary care physicians in Michigan, Priority Health continues to be recognized as a leader for quality, customer service, transparency and product innovation. Learn more about affordable, quality health coverage options from [Priority Health](#). For the latest news from Priority Health, visit our [newsroom](#).

ABOUT THE CHARTER TOWNSHIP OF UNION:

The Charter Township of Union is a vibrant community of more than 11,000 residents adjacent to the City of Mt. Pleasant and Central Michigan University in Isabella County. For more, visit www.uniontownshipmi.com.