



## Legislation Text

---

**File #:** 18-0480, **Version:** 1

---

**TO:**

Honorable Mayor and Members of the City Council

**THROUGH:**

Bruce Moe, City Manager

**FROM:**

Mark Leyman, Parks and Recreation Director  
Stephanie Katsouleas, Public Works Director  
Linda Robb, Management Analyst

**SUBJECT:**

Adopt Resolution No. 18-0150 Authorizing the Purchase of Outdoor Fitness Court Equipment to be Installed on Veteran's Parkway (near Vons) and Appropriating \$78,500 from the Capital Improvement Project Fund for the Purchase (Parks and Recreation Director Leyman).

**ADOPT RESOLUTION NO. 18-0150**

---

**RECOMMENDATION:**

Staff recommends that the City Council adopt Resolution No. 18-0150 (Attachment) authorizing the purchase of outdoor fitness court equipment to be installed on Veteran's Parkway at the Mariposa Fitness Station, located across from Vons, and appropriating \$78,500 from the Capital Improvement Project (CIP) Fund for the purchase.

**FISCAL IMPLICATIONS:**

The replacement of fitness equipment on Veteran's Parkway has been approved in the Capital Improvement Project (CIP) for \$245,000. Staff estimates that the cost of the National Fitness Court (NFC) equipment will be approximately \$78,500. The remaining budget will be used to cover installation costs, which will be awarded at a later date (anticipated mid-2019).

**BACKGROUND:**

The National Fitness Campaign (NFC) was originally founded in 1979 with a commitment to make fitness available to everyone free of charge. In response to the lack of access to health clubs and a rising tide of obesity and related illnesses, the NFC goal is to foster better health outcomes in communities across America, including making free fitness club style workouts accessible to the general public across all socio-economic levels and geographies. The first NFC projects were installed in the 1980's and included fitness courts equipped with stations for exercising the body to promote good health. NFC's model was a success, and resulted in the installation of 10,000 free fitness courts in communities across the nation. Sponsored by Wells Fargo and more than 100 hospitals, it engaged millions and was celebrated by two U.S. presidents, governors, and over 4,000 cities. The program also includes an extended network of web and mobile fitness-related apps to keep users connected with and encouraged by friends, family and mentors.

The City received a \$30,000 equipment grant, which reduced the cost of the equipment from \$120,000 to \$90,000. NFC is also offering cities an additional \$15,000 grant for those who take equipment delivery by mid-November. Therefore, staff is bringing this item to the City Council to secure the equipment by that deadline to capitalize on the additional savings. Installation of the equipment will be coordinated with Public Works for implementation in 2019.

### **DISCUSSION:**

Staff has evaluated a variety of options to replace the current fitness equipment at the Mariposa Fitness Station, as the amenities are well beyond their useful life and showing signs of deterioration. Staff selected the NFC Fitness court equipment because it provides opportunities for people of all ages, will accommodate more users than the current fitness station and provide a variety of additional fitness opportunities. The Fitness Court provides a seven station body weight fitness circuit, designed as a training tool for people of all ages and fitness levels. It uses no weights or machines, instead relying on a graduated training system of maneuvering and lifting one's own body weight. Each of the seven stations offers training for one essential body movement, including: Core, Squatting, Pushing, Lunging, Pulling, Agility, and Bending. The Fitness Court also has the capability to use an app on a smartphone to conduct a number of different workouts.

The Fitness Court is made of sustainable, recyclable materials, including 70% recycled rubber flooring and recycled steel framing. In addition, the back of the fitness wall could be used for a community mural, displaying artwork, or simply a wrap to blend into the natural surroundings.

### **Partnerships/Collaborations**

After receiving the Fitness Court grant, staff reached out to a number of community health and wellness partners to discuss opportunities to work together on the project. The City received overwhelming support from the Manhattan Beach 10K Committee, Beach Cities Health District and the City of Redondo Beach, who is considering the same equipment.

#### Manhattan Beach 10K Committee

The MB 10K Committee has committed to contributing to the project, although the total dollar amount has not yet been determined. This will continue their tradition of supporting fitness, as they partnered with the City to install the original equipment that is now being replaced.

#### Beach Cities Health District

Staff met with the Beach Cities Health District (BCHD) team to discuss partnership opportunities and BCHD committed to provide fitness class programming for the Older Adult programs.

#### City of Redondo Beach

The City of Redondo Beach also received a grant for Fitness Court equipment. Therefore, Manhattan Beach plans to pursue a partnership with Redondo Beach that will save on shipping costs and possibly on installation of the equipment.

### **PUBLIC OUTREACH/INTEREST:**

The Fitness Court was discussed and supported at the September 17, 2018, and October 22, 2018 Parks and Recreation Commission meetings. Staff placed signage on-site at the workout station on October 30<sup>th</sup> to gather input from the public. Staff will continue to gather feedback in the upcoming months, prior to returning for City Council project authorization. Staff will also post this project on

Open City Hall.

**LEGAL REVIEW**

The City Attorney has reviewed this report and determined that no additional legal analysis is necessary.

**Attachments:**

1. Resolution No. 18-0150
2. NFC Price Quote
3. Fitness Court Overview
4. NFC Award Letter - Manhattan Beach
5. NFC Fit 60+