



## Hampden Gets Fitness Court for All Fitness Levels from Community Health Options, the Town of Hampden and National Fitness Campaign

*Maine To Celebrate Second State-of-the-Art Outdoor Fitness Court in Hampden*

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**HAMPDEN, Maine, September 8, 2022** — [Community Health Options](#), the [Town of Hampden](#), and [National Fitness Campaign](#) (NFC) have teamed up to bring an outdoor Fitness Court® to Hampden—the second to open in Maine this month. The Fitness Court opens after a ribbon-cutting ceremony at 10:30 a.m., Tuesday, Sept. 13, at the Hampden VFW Whitcomb Baker Post 4633 on Canoe Club Road.

Community Health Options, Hampden and NFC are excited to bring the Fitness Court to the town of Hampden to expand free access to high quality workouts and create access to exercise to anyone. NFC has designed the Fitness Court to be the world's best outdoor gym, enabling people to use their own body weight to get a complete workout using seven exercise stations—in as little as seven minutes.

The Hampden Fitness Court joins the City of Lewiston Fitness Court, to be opened September 9, and is the second in a series of Community Health Options Fitness Courts to be built in easily accessible public spaces across the state of Maine. The Community Health Options' partnership with NFC is part of the company's commitment to encourage physical activity to improve overall health and well-being. Grant funding in support of the positive relationship between physical exercise and mental health is vital to the Community Health Options' mission.

Created with people aged 14 and over with all fitness abilities in mind, Fitness Court workouts are adaptable for all fitness levels, allowing participants to move at their own pace. Users also may download the free [Fitness Court App](#) which acts as a coach-in-your-pocket and enhances the outdoor gym into a digitally supported wellness experience.

“We are proud to be the exclusive sponsor of National Fitness Campaign in Maine and are pleased to be opening our second Fitness Court in the Town of Hampden,” said Kevin Lewis, Community Health Options president & CEO.

These Fitness Courts are an important part of our commitment to the health and well-being of Maine people, and we believe making fitness opportunities free and accessible is vital to building healthy communities,” Lewis added.

“Hampden is excited to welcome a Fitness Court to our community. Our residents, as well as those of surrounding towns, will greatly benefit from the free fitness opportunity,” stated Amy Ryder, Economic Development Director for the town of Hampden.

“National Fitness Campaign is proud to welcome the Town of Hampden to the campaign as a leader in health and wellness for Maine and across America,” said Mitch Menaged, Founder of National Fitness Campaign.

Residents are invited to attend the [Launch Event](#) on **September 13** at **10:30 a.m.** to try out the Fitness Court. For more information, visit or contact Amy in our **Economic Development Department** 207-862-8223. For more information on Community Health Options’ support of NFC, please visit <https://nationalfitnesscampaign.com/maine>.

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### **Information About Project Partners**

#### **Community Health Options**

[Community Health Options](#) is the only Maine-based, nonprofit, Member-led health insurer and plan administrator providing comprehensive health plans for individuals, families, and businesses. Health Options offers a robust network of 48,000 healthcare providers including clinicians, hospitals, and pharmacies in New England, plus plans with U.S. National coverage for individuals and businesses.

#### **Town of Hampden**

[Hampden, ME](#) was voted the second safest town in Maine, with a population of about 7,500 residents. It is a bedroom community to two larger metropolitan cities in central Maine and is a desirable place to raise a family. It is one of the fastest growing Town's in central Maine, and its school district is top in the state.

### **National Fitness Campaign**

Founded in San Francisco in 1979, [National Fitness Campaign](#) (NFC) is a wellness consulting firm that provides programs and services to cities, schools and sponsors with the mission to build healthy communities. NFC delivers an integrated wellness initiative, centered on the world's best outdoor gym: The Fitness Court®. The Campaign is planning its 500<sup>th</sup> 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. Follow us on social media @NatFitCampaign and #Fitnesscourt.