



Gary R. McCarthy  
Mayor

## OFFICE OF THE MAYOR

CITY OF SCHENECTADY  
NEW YORK

City Hall, 105 Jay Street, Rm 111  
Schenectady, N.Y. 12305-1938  
Office: (518) 382-5000  
Cell: (518) 424-0483  
[gmccarthy@schenectadyny.gov](mailto:gmccarthy@schenectadyny.gov)

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### PRESS RELEASE

## City of Schenectady, MVP Health Care, and National Fitness Campaign Announce Completion of Outdoor Fitness Court in Orchard Park

State-of-the-Art Fitness Court Expands Free Access to Health and Wellness

**SCHENECTADY** – The City of Schenectady, MVP Health Care, and National Fitness Campaign (NFC) today announced the installation of a free, outdoor Fitness Court® in Schenectady’s newly redeveloped Orchard Park. The MVP Health Care Fitness Court will provide the community with increased access to outdoor exercise programs.

The MVP Health Care Fitness Court is a result of a partnership between MVP Health Care and NFC to expand free access to high quality workouts for communities around the state. The Fitness Court is a free, open-air wellness center that allows users to leverage their own body weight to get a complete workout. Created with people aged 14 and over - and with all abilities - in mind, the workouts are adaptable for all fitness levels and allow users to move at their own pace. Users can also download the free [Fitness Court app](#), which acts as a coach-in-your-pocket and transforms the outdoor gym into a digitally supported wellness experience.

“Last year we were proud to break ground on the redevelopment of Orchard Park in the Mont Pleasant neighborhood – adding nearly an acre of expanded green space with vastly improved accessibility and visibility,” **Mayor Gary McCarthy said**. “The recently renovated park has become a valuable neighborhood resource with new recreation opportunities for the community to enjoy. We are excited to partner with the National Fitness Campaign to launch the MVP Health Care Fitness Court in our community that will complement the redevelopment of Orchard Park and provide easy and equitable access to health and wellness opportunities for local neighborhood residents.”

“The launch of the MVP Health Care Fitness Court in Orchard Park is a step towards providing access to resources that can change the trajectory of someone’s health and wellness journey,” **said MVP Health Care’s President and Chief Executive Officer, Chris Del Vecchio**. “As a leading health care services company, investing in our local communities and offering new, innovative wellness options like the Fitness Court reinforces our commitment to giving back to the people we serve and places we call home. We are proud to partner with NFC and the City of Schenectady to bring this unique opportunity to the local community and look forward to seeing you on the Fitness Court.”

“We are excited to have the City of Schenectady join us as we make a positive impact on health and wellness across America,” **said Mitch Menaged, Founder of National Fitness Campaign**. “The addition of the Fitness Court and ongoing engagement in healthy lifestyles demonstrates a tremendous commitment to the community.”

To learn more about the MVP Health Care Fitness Courts, visit [nationalfitnesscampaign.com/NewYork](http://nationalfitnesscampaign.com/NewYork)

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#### **About MVP Health Care**

MVP Health Care is a nationally recognized, not-for-profit health insurer caring for members in New York and Vermont. Committed to the complete well-being of our members and the communities we serve, MVP makes health insurance more convenient, more supportive, and more personal. For more information, visit [www.mvphealthcare.com](http://www.mvphealthcare.com), or on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#).

#### **About NFC**

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.