

**REGULAR CITY COUNCIL  
WORK SESSION MEETING**  
December 12, 2023  
6:00 PM  
City Hall



**CITY OF MILLS**  
EST. 1921

**Mayor:**  
Leah Juarez  
**Council President:**  
Sara McCarthy  
**Council Members:**  
Cherie Butcher  
Brad Neumiller  
Tim Sutherland

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## AGENDA

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### CALL TO ORDER

### AGENDA ITEMS

**1. Mayor:**

Healthy City Briefing Presentation

Discussion about Water Tank Project

### ADJOURNMENT

### AGENDA SUBJECT TO CHANGE WITHOUT NOTICE

In accordance with the Americans with Disabilities Act, persons who need accommodation in order to attend or participate in this meeting should contact City Hall at 307-234-6679 within 48 hours prior to the meeting in order to request such assistance.





# CAMPAIGN BRIEFING

## WELCOME







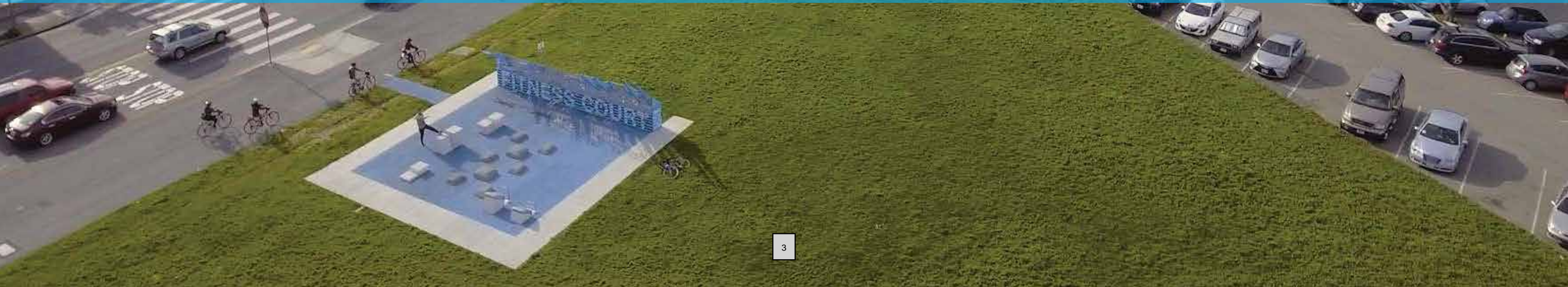
# AMERICA'S LARGEST PUBLIC-PRIVATE WELLNESS PARTNERSHIP

**CELEBRATING 500TH**  
Healthy Community this Year



**NOW FUNDED**  
to welcome 1000 Healthy  
Communities by 2025

**CAMPAIGN MISSION:** to Build Healthy Communities



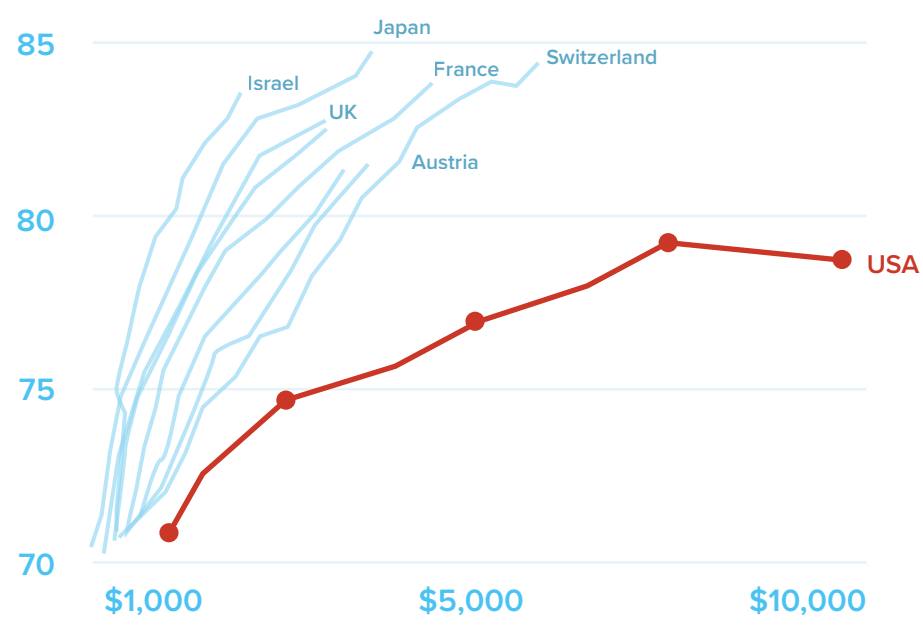


# WHY THE CAMPAIGN DOES IT

## TO MAKE WORLD CLASS FITNESS FREE



Life Expectancy vs Health Expenditure



### UNDERSTANDING THE PROBLEM

AMERICA IS FACING A HEALTH CRISIS CAUSED BY SEDENTARY LIFE-  
STYLES AND CITIES DESIGNED FOR CARS. USA <sup>4</sup> SPENDS MORE MONEY  
THAN ANY OTHER ON HEALTHCARE WITH POOR RESULTS.



### BECOMING THE SOLUTION

WHEN COMMUNITIES ARE DESIGNED TO SUPPORT WELL-  
BEING, HEALTH OUTCOMES CHANGE!





BROUGHT TO YOU BY



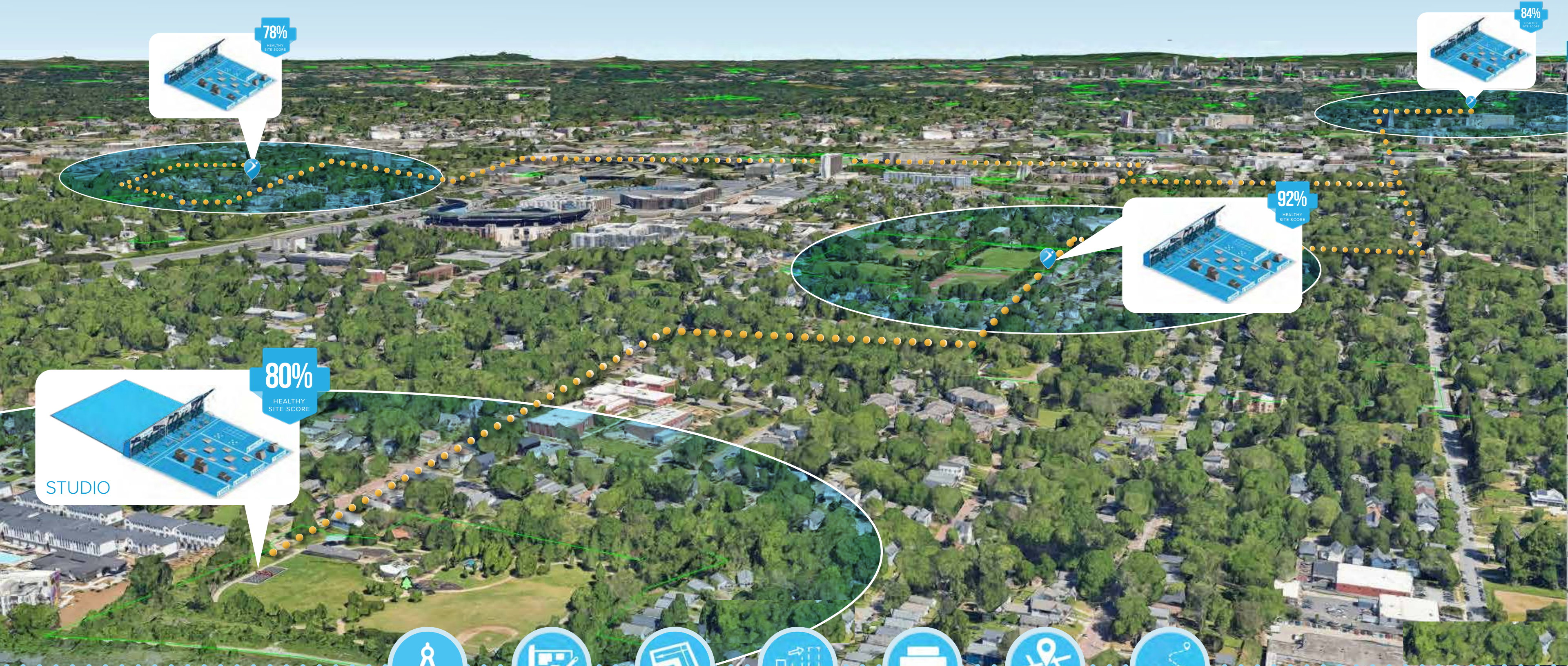




# FITNESS COURT | HEALTHY INFRASTRUCTURE PLANNING

MULTI-SITE PLANNING FOR HEALTH IMPACT

Item #1.



**BUILDING HEALTHY COMMUNITIES**  
MULTI-SITE PHASING FOR HEALTH IMPACT  
HEALTHY SITE SCORE (HSS)



PLANNING



PHASING



LAYOUTS



PROJECTIONS



SCORES



MAPPING



TRAILS





# WHAT THE CAMPAIGN DOES

**A COMPREHENSIVE COMMUNITY WELLNESS PROGRAM**

DESIGN & PLANNING

LAUNCH & PRESS

SPONSOR SUPPORT CAMPAIGN

PUBLIC ART

GRANT FUNDING

AMBASSADOR TRAINING

INSTALLATION

MOBILE APP







# FITNESS COURT

WORLDS BEST OUTDOOR GYM

Item #1.



**7 MOVEMENT FULL BODY WORKOUT**  
FUNCTIONAL TRAINING SYSTEM  
DIGITALLY ACTIVATED | COACH IN YOUR POCKET



CORE



SQUAT



PUSH



8

LUNGE



PULL



AGILITY



BEND



**NEW FOR 2024**



# FITNESS COURT

COMMUNITY WELLNESS HUB

STUDIO

Item #1.



## COMMUNITY WELLNESS PROGRAMMING

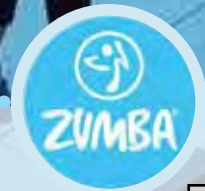
WELCOMES ENTIRE COMMUNITY  
MAYORS WELLNESS SERIES



HIIT



YOGA



ZUMBA

9



DANCE



STRETCH



KICKBOXING



TAI-CHI





# FITNESS COURT | ART

EVERY FITNESS COURT IS A WORK OF ART

Item #1.



**WORK WITH LOCAL ARTISTS**  
NFC DESIGN STUDIO

**WORLD RENOWN ARTIST GALLERY**  
KEITH HARING | JEAN MICHEL BASQUIAT





# CAMPAIGN IMPACT | NFC

**BUILDING HEALTHY COMMUNITIES**

## 1. BE A PART OF THE NATIONAL FITNESS CAMPAIGN

AMERICA'S LARGEST PUBLIC PRIVATE WELLNESS PARTNERSHIP

## 2. HEALTH BENEFITS

MORE TIME OUTDOORS, IMPROVED MENTAL & PHYSICAL WELLBEING

## 3. HEALTHY INFRASTRUCTURE

PLACES DESIGNED FOR PEOPLE NOT CARS

## 4. BUILDING COMMUNITY

CREATING A WELLNESS CULTURE THAT IS SOCIAL, CONNECTED AND FUN!

## 5. REDUCED HEALTHCARE COSTS

HEALTHIER, HAPPIER, PEOPLE





# 2024 STATEWIDE CAMPAIGN



NATIONAL FITNESS CAMPAIGN

# 2024

**200 NEW PARTNERS**

WE'RE PLEASED TO ANNOUNCE THE 2024 CAMPAIGN



# NFC Grant Requirements

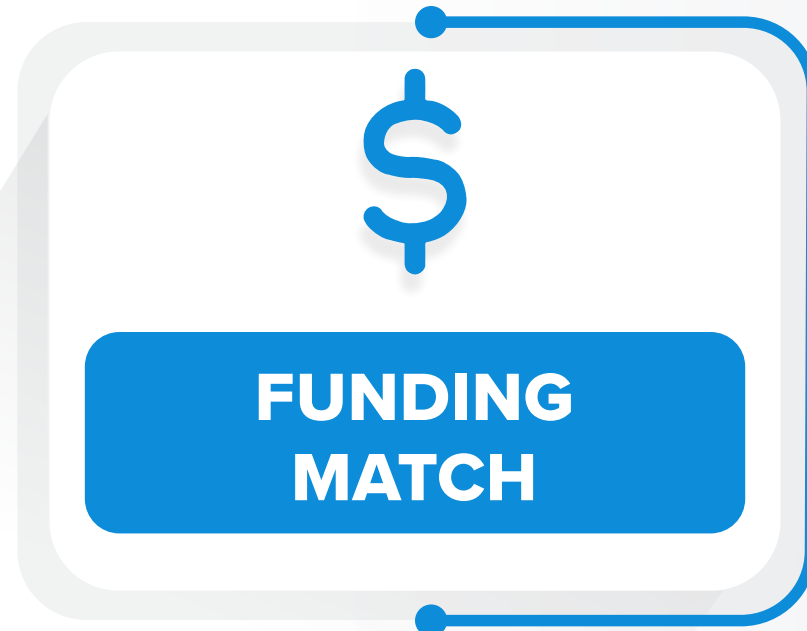
Program Qualification



**STEP 1**



**STEP 2**



**STEP 3**



**STEP 4**

**JOIN THE CAMPAIGN**





STEP 1

# LEADERSHIP SUPPORT

*BUILD CONSENSUS / CONFIRM FEASIBILITY  
MUNICIPAL LEADER SUPPORT*



SHARE 3 MINUTE VIDEO





*STEP 2*

**SITES WITH IMPACT**

*IDENTIFY SITES THAT MEET CRITERIA FOR FUNDING*

*HEALTHY INFRASTRUCTURE PLANNING  
• VISIBLE • CONNECTED • ACCESSIBLE •*

**SUBMIT SITES FOR CONSIDERATION**







STEP 3

**FUNDING MATCH**

*NFC GUIDES FUNDING PLAN  
CIP • STATE/NATIONAL • LOCAL SPONSORS*

**GRANT FUNDING AVAILABLE:  
\$30,000-\$50,000 PER SITE**

*GRANT FUNDING TYPICALLY SUPPORTS ABOUT  
1/3 OF FUNDING REQUIREMENT*

**PROGRAM FUNDING REQUIREMENT**

**\$150,000-\$225,000**

*PERSITE*







*STEP 4*  
**QUALIFY FOR GRANT**

- A. PRE-APPLICATION PHASE*
- B. GRANT AWARD*
- C. BUILD/SITE PLAN*
- D. LAUNCH LOCAL CAMPAIGN*

**SUBMIT GRANT APPLICATION**





# NEXT STEP



**ATTEND PARTNERSHIP QUALIFICATION CALL IF APPROPRIATE**

## **DISCUSSED AT NEXT STEP:**

- 1. FEASIBILITY & ALIGNMENT WITH LOCAL PRIORITIES**
- 2. SITE ANALYSIS & LOCATION OPTIONS FOR FUNDING CONSIDERATION**
- 3. FUNDING REQUIREMENT DETAILS AND GRANT PROGRAM & AVAILABILITY FOR YOUR STATE**
- 4. NON-BINDING GRANT QUALIFICATION PROCESS**

# JOIN US

LET'S BUILD HEALTHY COMMUNITIES  
**TOGETHER**



## Discussion - Q&A