



The Fitness Court

Town of Chelmsford

The town of Chelmsford is excited to announce the opening of their very own Fitness Court located at the corner of Wilson Street and Chelmsford Street. The Fitness Court will provide Chelmsford residents a communal gathering space and access to premiere free outdoor fitness opportunities adaptable for all ages (14+ y/o) and abilities.

“The Town of Chelmsford is pleased to provide an outdoor fitness court program to the community particularly in a time when health and wellness have become a higher priority. The fitness court offers an open-air location that is adaptable for all ages. The smartphone app or the pictorials on-site are an easy way for people to exercise, enjoy the outdoors, and help our community become Stronger Together,” said Lisa Marrone, Director of Business Development for the Town of Chelmsford, MA.

Blue Cross Blue Shield of Massachusetts has partnered with the National Fitness Campaign to launch a new \$750,000 community wellness grant funding to cities and schools across the state. Through the partnership, Blue Cross and NFC will work with MIIA member groups to construct state of the art outdoor Fitness Courts, with the goal of making free, world-class fitness and high-quality workouts accessible to all. In addition to Blue Cross funding, MIIA’s Wellness Grant funding is available to use for this project. If this looks exciting and you would like to learn more, please contact your MIIA Wellness Representative who can assist you in scheduling a 30-minute zoom briefing call with a representative from the National Fitness Campaign regarding the program. Typically, the briefings with NFC require the Park Director, Mayor, or Town Manager/Administrator to qualify for funding.

“The fitness park provides a great opportunity for adults and older youth to obtain an outdoor workout” said Chelmsford Town Manager Paul Cohen. “The National Fitness Campaign, Blue Cross Blue Shield of Massachusetts, and the Massachusetts Interlocal Insurance Association supported the Town of Chelmsford in constructing this recreational facility.”