

After relocating in 2011, Lincoln Memorial Hospital (formerly Abraham Lincoln Memorial Hospital) wanted its former site to contribute to community well-being. In August 2018, in partnership with the City of Lincoln and the National Fitness Campaign, the hospital's Community Health Collaborative gifted the City with an outdoor bodyweight circuit training facility.

The state-of-the-art Fitness Court transformed a public space into a free community fitness hub, where individuals and families can stay active. Erected on shock-resistant sports flooring, the court boasts 30 pieces of equipment and can accommodate as many as 28 people at a time. Participants can adapt exercises to their fitness level: beginner, intermediate or advanced.

More than 40 trained Fitness Court ambassadors offer free activities, classes and equipment demonstrations to promote a healthy lifestyle. Residents can view fitness court workouts on a mobile app, and the schedule is promoted to the public through social media.

"Evidence shows that communities are healthier when they have access to fitness opportunities. We know obesity is the root of a lot of diseases and we (Logan County) also have high rates of diabetes and cardiovascular disease," notes Angela Stoltzenburg, director of the Community Health Collaborative.

Men and women in Logan County suffer from obesity and diabetes at higher rates than both the state and national average—and they get less physical activity than the state and national average. This fitness court seeks to change that.

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