

Frequently Asked Questions

History:

National Fitness Campaign (NFC) was founded in 1979 by Mitch Menaged, who saw an opportunity to reimagine outdoor fitness stations and transform them into compact, social exercise spaces. From this, the Fitness Court® was born, making its debut in San Francisco and at Stanford University. Wells Fargo Bank supported NFC as a first national sponsor, helping the program reach over 4,000 cities and colleges that brought the Fitness Court® to public spaces.

The Fitness Court®:

The Fitness Court® is a world-class outdoor bodyweight circuit training system designed for adults of all ages and abilities. The Fitness Court® is a powerful way to encourage physical activity and promote community wellness. Each Fitness Court is integrated with shock-resistant sports flooring and allows users at varying fitness levels to utilize the Court at the same time.

The Fitness Court® is an innovative system made right here in the United States!

How It Works: 7 movements in 7 minutes

National Fitness Campaign's outdoor bodyweight circuit-training system features a series of full-body exercises that can be completed in just seven minutes. 7 Movements in 7 Minutes is a simple yet powerful workout, created for a range of athletic abilities, and is optimally performed on The Fitness Court®. Developed by experts in the field, each exercise takes 45 seconds, with a 15-second interlude between sets, and is shown to burn more calories per minute than most other forms of exercise.

Progressive

The Fitness Court® accommodates a variety of skill levels and abilities at each station, from beginner to expert. Each piece of equipment allows users to leverage their bodyweight at different angles and levels of resistance as a tool to improve over time.

Variable

In addition to the 7 Movements in 7 Minutes training system, The Fitness Court® can be used in thousands of ways and variations. The possibilities for custom movements and routines are endless.

Fun!

The Fitness Court® builds community while being fun to use. Challenge yourself, your friends and your community to get outside and get active.

Mission:

National Fitness Campaign is dedicated to bringing free world-class fitness to public spaces around the world. NFC is helping lead the way towards healthy infrastructure nationwide by encouraging and supporting investment in pedestrian-oriented planning and development.

National Fitness Campaign uses The Fitness Court® and a powerful promotional campaign to make fitness free and accessible in communities across the country.

NFC is a social enterprise, providing a share of its profits to communities in need to help them build Fitness Court facilities and expand access to healthy infrastructure.