

# MVP Health Care, Porter, National Fitness Campaign make fitness free for everyone in town

State-of-the-art outdoor Fitness Court coming to Porter

MVP Health Care, Town of Porter and the National Fitness Campaign (NFC) on Friday announced a partnership to bring an outdoor Fitness Court to Porter on the Lake. The Fitness Court, located at 3025 Dietz Road, will open at 11 a.m. Wednesday, Aug. 9, with a ribbon-cutting ceremony.

A press release stated, "The MVP Health Care Fitness Court will provide the community with increased access to outdoor exercise programs.

"This Fitness Court was developed by MVP Health Care, Town of Porter and NFC to expand free access to high quality workouts and create equitable access to exercise for communities around the state. The Fitness Court is the world's best outdoor gym that lets people use their own body weight to get a complete workout using seven exercise stations.

"Created with people aged 14 and over and with all abilities in mind, the workouts are adaptable for all fitness levels, allowing participants to move at their own pace. Users also may download the free Fitness Court app, which acts as a coach-in-your-pocket and enhances the outdoor gym into a digitally supported wellness experience."

MVP Health Care President and CEO Chris Del Vecchio said, "The launch of the MVP Health Care Fitness Court in Porter is a step towards providing access to resources that can change the trajectory of someone's health and wellness journey. 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 Porter to bring this unique opportunity to the local community, and look forward to seeing you on the Fitness Court."

Town of Porter Supervisor John "Duffy" Johnston shared his enthusiasm for the project: "What a great way to stay healthy and fit while looking at beautiful Lake Ontario. This outdoor Fitness Court will give residents, visitors and local sports teams the opportunity to perform a variety of exercises, no matter what your physical ability."

National Fitness Campaign founder Mitch Menaged said, "National Fitness Campaign is proud to welcome the Town of Porter to the campaign as a leader in New York, champion-

ing health and wellness for their residents. We are proud to continue our mission of getting people moving outdoors and helping communities combat the fiscal and humanitarian costs of inactivity."

Residents are invited to attend the launch event on Wednesday, Aug. 9, to try the Fitness Court. For more information, visit townofporter.net, or call the Town of Porter at 716-745-3730. For more information on MVP Health Care's support of NFC, visit nationalfitnesscampaign.com/NewYork and nationalfitnesscampaign.com/Vermont.

### More About MVP Health Care

MVP Health Care is a nationally recognized, not-for-profit health insurer caring for members in New York and Vermont. The press release noted, "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, or on Facebook, Twitter, Instagram and LinkedIn.

### More About the Town of Porter

The press release said, "The Town of Porter is a rural farming

community of 7,000 residents that is bordered by Lake Ontario and the Mighty Niagara River. Porter is a sport fishing destination. The historic Village of Youngstown and the Hamlet of Ransomville is located in the town. Old Fort Niagara brings in over 100,000 visitors each year and is located at the mouth of the Niagara River and Lake Ontario. Four Mile Creek State Park is a campground that sits next to Porter on the Lake Park, where the Fitness Court is located."

### More About National Fitness Campaign

The press release noted, "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 500th '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 on social media @NatFit-Campaign and #Fitnesscourt.

## State parks to offer extended hours at swimming facilities during the upcoming extreme heat

Heat advisories in effect through Friday evening

Gov. Kathy Hochul announced the Office of Parks, Recreation and Historic Preservation will offer extended hours at state swimming facilities during the current heat wave as a way to help New Yorkers beat the heat. The extended hours began Thursday and continue through Saturday at select locations. This follows the governor's announcement of forecasted dangerous heat and high heat indices throughout the state.

"Extreme heat is forecast for the entire state Thursday

through Saturday, with heat indices expected to reach the 100s in some areas," Hochul said. "Visiting our beautiful state beaches, pools and parks is one of the best ways way to cool off during this upcoming period of extreme heat, and we will be offering extended hours at sites across New York."

State Parks Commissioner Erik Kulleseid said, "There's no better place to be on a hot summer day than one of our great state parks. I'm pleased our state parks are able to offer more time

for New York families to cool off during this period of extreme heat."

Locally, the following swimming facilities will be open for extended hours:

√ Fort Niagara State Park: Extended swimming until 7:45 p.m. Friday

√ Beaver Island State Park: Extended swimming until 8 p.m. and Friday

√ Allegany State Park (Red

House and Quaker): Extended swimming at both beaches until 8 p.m. Friday

Swimming may be affected by hazardous weather – severe thunderstorms are possible on Thursday – staffing or changing water conditions. Check parks.ny.gov or call a park directly to confirm availability.



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**Aug 4 - Emerald Isle (Celtic Music)**

**Aug 11 - The Yacht Rockets feat. Jerry Andres (Yacht Rock)**

**Aug 18 - 2nd Time Around (Vintage Rock)**



Concert series is made possible by generous contributions made in memory of former Mayor Neil C. Riordan by many friends and businesses who knew how much the concert series meant to Neil.  
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3/23