



Guidelines for Providing Support

Purpose of the Mayor's Council on Physical Fitness:

To assist in the development and support of ongoing physical fitness programs, annual fitness campaigns, and educational outreach that are designed to meet the fitness and wellness needs of the community.

Guiding principles:

The Mayor's Council on Physical Fitness supports the American College of Sports Medicine and the American Heart Association's position statements^{1,2} which include the following recommendations:

- All healthy adults aged 18+ years need moderate-intensity aerobic physical activity for at least 30 minutes per session on 5 or more days per week OR vigorous-intensity aerobic activity for at least 20 minutes 3 or more days per week. Combinations of moderate and vigorous activity can be performed to satisfy these requirements.³*
- Every adult should perform activities that maintain or increase muscular strength and endurance a minimum of two days each week.⁴*

1. Haskell WL, Lee I-M, Pate RR, Powell KE, Blair SN, Franklin BA, Macera CA, Heath GW, Thompson PD, Bauman A. Physical Activity and Public Health: Updated Recommendation for Adults from the American College of Sports Medicine and the American Heart Association. *Med. Sci. Sports Exerc.*, Vol. 39, No. 8 pp. 1423-1434, 2007.
2. Nelson ME, Rejeski WJ, Blair SN, Duncan PW, Judge JO, King AC, Macera CA, Castaneda-Sceppa C. Physical Activity and Public Health: Updated Recommendation in Older Adults from the American College of Sports Medicine and American Heart Association. *Med. Sci. Sports Exerc.*, Vol .39, No. 8 pp. 1435-1445, 2007.
3. American College of Sports Medicine Guidelines for Exercise Testing and Exercise Prescription. 7th ed. Philadelphia: Lippincott Williams & Wilkins. 2006.
4. Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR, Schmitz KH, Emplaincourt PO, Jacobs DR, Leon AS. Compendium of Physical Activities: an update of activity codes and MET intensities.

Eligibility:

1. The applicant must be a community-based nonprofit entity for the granting of financial support.
2. Applicants may or may not be non-profit agencies for the granting of other support.
3. For applicants holding an event, the event must be held in Abilene, Texas or within its extraterritorial jurisdictions.
4. For applicants holding an event, the event must promote physical fitness through at least one of the following:
 - a. Moderate-intensity physical activity, such as: bicycling, bowling, canoeing, dancing, gymnastics, jogging, running, swimming tennis, walking, weight lifting.
 - b. Subcategories of activities that promote other aspects of physical fitness which include resistance training, stretching or flexibility exercises, or moderate intensity exercise based on age.

5. For applicants seeking assistance for an outreach educational program, the program must promote physical fitness and/or wellness in Abilene, Texas or within its extraterritorial jurisdiction. Such assistance could include but is not limited to the purchase of sports equipment, production costs for Public Service Announcements and the printing of brochures.

Procedure:

The applicant must submit the a formal request to the City of Abilene via the Application for Support from Mayor’s Council on Physical Fitness form by the first day of the month prior to the event date. Applications submitted within one week of a meeting of the Mayor’s Council on Physical Fitness will be placed on the following month’s agenda.

Decision Making Process:

The Mayor’s Council will recommend the approval or denial of an Application for Support from Mayor’s Council on Physical Fitness. The City of Abilene’s City Manager’s Office will then determine if the recommendation of the Mayor’s Council should be followed. If the decision is made to follow the recommendation of the Mayor’s Council, the City of Abilene may require the requestor to enter into a memorandum of understanding, which will delineate the means of support. **Support is provided to each applicant on a case-by-case basis at the sole discretion of the City of Abilene.**

Responsibility of recipient awarded support

1. Event sponsorships: within 14 days of the event, the recipient will submit the Event Evaluation Report form that includes the following details:
 - a. Documentation of the use of the support
 - i. How was support used
 - ii. Copies of invoices as necessary
 - b. Demographics of participants
 - i. Number of total participants
 - ii. Ages and gender of participants
 - c. Plans for improvement (two ideas for improving the event next time)
2. Other types of assistance: within 3 months, the recipient will submit an assistance report summary that includes the following details:
 - a. Documentation of the use of the support
 - i. How was support used
 - ii. Copies of invoices as necessary
 - b. Demographics (which age group(s) were reached through the use of these funds).

With approval from the City of Abilene, the Mayor’s Council on Physical Fitness reserves the right to change and/or amend its sponsorship policy at any time, without prior notification, and make exceptions at any time.

Updated Effective February 2012