



Health and Wellness Impact Awards

Purpose:

To highlight the innovative and impactful uses of the Michigan Fitness Association (MFA) Health and Wellness Enhancement Grant, the Michigan Fitness Association is launching a program to acknowledge six projects funded by MFA. This program will recognize organizations that have chosen to use their grant funds to enhance the health and wellbeing of Michiganders outside of their regular business objectives.

Goals of the Award Program:

1. **Acknowledge Innovation:** Recognize businesses that have used grant funds in innovative and novel ways to impact Michiganders beyond their business borders.
2. **Amplify Voices:** Collect and share the stories of grant recipients to amplify the voices and impact of fitness businesses in Michigan.
3. **Seed Ideas:** Highlight innovation and seed ideas for future programs that positively impact the broader community, especially marginalized or underserved populations.

Submission Requirements:

Participants will submit detailed reports and evidence of their projects' outcomes, focusing on the following areas:

- **Innovation:**
 - Evaluate the creativity and originality of the project.
 - **Question to answer:** How unique is the approach to improving health and wellness?
- **Community Engagement:**
 - Assess the level of community involvement and outreach.
 - **Question to answer:** How effectively does the project engage and benefit the local population?
- **Measurable Impact:**
 - Look at the tangible results and outcomes.
 - **Question to answer:** Are there clear, quantifiable improvements in the health and wellbeing of participants?
- **Sustainability:**
 - Consider the project's long-term viability.
 - **Question to answer:** Can the initiative be maintained and potentially expanded over time?
- **Scalability:**
 - Judge the potential for the project to be replicated in other communities or settings.
 - **Question to answer:** How can this be replicated in other communities?
- **Health Equity:**
 - Examine the project's focus on addressing health disparities.
 - **Question to answer:** Does the initiative promote equitable access to health and wellness resources, particularly for underserved or marginalized communities?

Selection Process:

The MFA Board of Directors will select the top five submissions (based on the rubric below), from each of the following categories:

- **1 Location**
- **2-5 Locations**
- **6+ Locations**

MFA members will then vote to determine the top two submissions in each category. The winners will be announced at the MFA State Conference on October 17, 2024. The top two in each category will receive a \$2500 award. Additionally, all Impact Award applicants will be highlighted in MFA publications, press releases, and social media platforms with feature stories for the award recipients.

Important Dates:

- **Impact Award applications are due by:** September 1, 2024
- **Top five in each category will be notified by:** September 15, 2024

For more questions or to submit your application, please email info@mfit.org.

Submit your application and help us celebrate innovation and impact in Michigan's fitness community!

Rubric for Evaluation

<u>Criteria</u>	<u>5 - Excellent</u>	<u>4 - Good</u>	<u>3 - Average</u>	<u>2 - Below Average</u>	<u>1 - Poor</u>
Innovation	Highly creative and original, unique approach	Somewhat creative, some unique elements	Moderate creativity, few unique elements	Limited creativity, approach is not unique	Lacks creativity, very conventional approach
Community Engagement	Strong community involvement and outreach, benefits widely	Good community involvement, benefits many	Average involvement, benefits some	Limited involvement, few benefits	Minimal or no involvement, little to no benefits
Measurable Impact	Clear, significant improvements in health and wellbeing	Noticeable improvements in health and wellbeing	Some improvements, moderately clear	Few improvements, not very clear	No clear improvements, no measurable impact

Sustainability	Very sustainable, clear long-term viability	Generally sustainable, likely long-term viability	Moderately sustainable, some long-term potential	Limited sustainability, uncertain long-term viability	Not sustainable, no long-term viability
Scalability	Highly replicable in other communities and settings	Replicable with some modifications	Moderately replicable, needs significant adjustments	Limited replicability, difficult to adapt	Not replicable, specific to one context
Health Equity	Strong focus on addressing health disparities, promotes equity	Good focus on health disparities, promotes equity	Moderate focus on health disparities, some promotion of equity	Limited focus on health disparities, little promotion of equity	No focus on health disparities, does not promote equity