

September 22, 2025

# **This Grant Helps Boost Your Wellness Initiative**



Exercise is Medicine® (EIM) is a global health initiative led by the American College of Sports Medicine. EIM is committed to the belief that physical activity plays an integral role in the prevention, treatment and management of chronic diseases and should therefore be considered and promoted as a vital sign of health. EIM not only strives to integrate physical activity into healthcare but also seeks to link patients to community resources with the ultimate goal of implementing interventions that will slow, stop, and reverse the progression of chronic diseases.

Guided by the EIM initiative, the Vermont Governor's Council on Physical Fitness & Sports is seeking to fund proposals for the development of new community wellness initiatives, improvement of existing community wellness programs, and/or collaboration between worksites and community wellness initiatives.

## **What This Program Funds**

This program funds materials and personnel expenses related to the establishment or improvement of a wellness program, community program, or collaboration between a worksite and community that will have an impact on the health and well-being of community members demonstrated with measurable health objectives/outcomes. One-time events (i.e. blood pressure screening day) or equipment only requests (i.e. standing desks) are not eligible activities.

## **How Your Community Applies**

Proposals must be emailed to Janet Franz, Council Chairperson, at [info@vermontfitness.org](mailto:info@vermontfitness.org) by **November 7, 2025**.

## **Make Your Community's Application Competitive**

Special consideration will be given to proposals that:

- foster Justice, Equity, Diversity and Inclusion in physical fitness activities and sports, particularly for BIPOC and traditionally underserved populations.
- include physical activity as a primary component.

The Vermont [Healthy Community Design Resource](#) provides guidance on developing programs and services that best address the physical activity needs and wants of your community.

## **Where You Can Learn More**

Contact Janet Franz, Council Chairperson, at [info@vermontfitness.org](mailto:info@vermontfitness.org) for a copy of the Request for Proposals (RFP).

## **Find Grant Writing or Grant/Project Management Help**

VLCT published a resource, [Increasing Municipal Capacity for Grants](#), that offers ideas for assistance with grants. Many of the capacity builders also provide project management services. Hiring experienced project management assistance can increase the speed of project development and help avoid cost,