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Title: To celebrate the grand opening of Resolve Fitness and note the importance of physical health to overall well-being

Sponsors: Shayla Favor, Nicholas Bankston, Lourdes Barroso De Padilla, Mitchell Brown, Rob Dorans, Emmanuel V. Remy, Shannon G. Hardin

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Date	Ver.	Action By	Action	Result
7/26/2023	1	CITY CLERK	Attest	
7/25/2023	1	ACTING MAYOR	Signed	
7/24/2023	1	COUNCIL PRESIDENT	Signed	
7/24/2023	1	Columbus City Council	Adopted	Pass

To celebrate the grand opening of Resolve Fitness and note the importance of physical health to overall well-being

WHEREAS, Resolve Fitness, an urban gym, celebrated the highly-anticipated grand opening of its facility in downtown Columbus on Saturday, July 8th; and,

WHEREAS, Resolve Fitness features over 10,000 square feet of workout space, with fitness offerings including boxing, weightlifting, cardio, and cycling; and,

WHEREAS, Resolve Fitness aims to create an accessible, community-driven space where health and wellness thrive and members leave with a memorable experience; and,

WHEREAS, physical health is a critical component of an individual's overall well-being; and,

WHEREAS, poor physical health is linked to numerous negative health impacts, including sub-optimal mental health, higher rates of chronic disease, like high blood pressure and heart disease, and even increased risk of certain cancers; and,

WHEREAS, it is imperative that Columbus continues to expand the accessibility of high-quality fitness offerings to its residents as a matter of both public health and quality of life; and,

WHEREAS, the grand opening of Resolve Fitness illustrates the increasing need for more accessible fitness opportunities and will aid in improving the physical health of many residents of downtown Columbus; now, therefore:

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF COLUMBUS: That this Council does hereby celebrate the grand opening of Resolve Fitness and supports any efforts or initiatives that promote the overall well-being of Columbus residents.