



Frequently Asked Questions

When can I apply?

Applications will be accepted online only from August 15, 2022 to September 23, 2022.

How do I submit my application?

The link to our online grants system will be posted on the Medical Fitness Foundation page of the MFA website on the morning of August 15, 2022 (<https://www.medicalfitness.org/about-us/medical-fitness-foundation/>). The deadline for application is 5pm ET on September 23, 2022.

What information is required to apply?

Please be prepared to provide the following information and required documents.

- **Project Description:** Describe your project and proposed workplan with a timeline
- **Results:** What will be different as a result of this project? What measurable outcomes do you expect to achieve?
- **Need/Timeliness of Request:** Describe evidence of medical fitness industry need for the proposed research project. Why is it important that this project happen now?
- **Organizational Capacity:** Provide background on your organization and its experience meeting its goals.
- **Sustainability:** If the project work is ongoing, how will it be funded?
- **Attachments required:**
 - Facility ownership, year founded, total employees and gross revenues
 - Project budget
 - Tax determination letter
 - List of principal staff members involved – including titles and credentials

When will I know if my application is chosen for funding?

You will be notified of our decision by October 17, 2022.

What type of projects or activities will be considered for funding?

Preference will be given to projects and activities that improve population health and promote whole person wellness health. Health is broadly defined to include physical, social and emotional well-being. Projects should advance the medical fitness industry; be data-driven; show results; and be publishable.

My project will cost \$30,000. Can we still apply for funding?

The maximum Outcomes Research Grant award is \$10,000. You can apply for funding for a larger project only if you have secured the additional funding needed prior to applying for an Outcomes Research Grant.

Who decides which grants receive funding?

The Medical Fitness Foundation's Board of Trustees, assisted by a Grants Advisory Task Force, will review each qualified application and determine how to allocate the available funds.

How can I donate to the Medical Fitness Foundation?

You may donate to the Medical Fitness Foundation by clicking on the Donate tab on the MFA website at www.medicalfitness.org.

Who should I contact if I have questions?

Mariann Murphy, MFA Director of Marketing, at mariann.murphy@medicalfitness.org or 910-420-8610.