



FOR IMMEDIATE RELEASE:

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## **Sustainability Award Presented to Jan McGrath of Pilates Whole Body**

*At the Rapid City Sustainability Committee Meeting  
November 12, 2024 | 5:30 PM*

The City of Rapid City's Standing Committee on Sustainability was honored to present Jan McGrath of Pilates Whole Body with a Sustainability Award for 2024. This award is presented several times a year by the Sustainability Committee to different businesses, organizations, or individuals that contribute to the social, environmental, and economic sustainability of the community.

Jan McGrath, through her business, Pilates Whole Body, has taken it upon herself to reach out and make a real difference in our community through her many outreach programs to raise money for cancer patients, her promotion of chemical free and zero waste living, and her quest of promoting active living through exercises and community engagement no matter your age. She also offers engagement opportunities to our military community, the South Dakota Kids Belong Foster program, and Blessing Bundle Charity.

It is community members like Jan McGrath that inspire individuals and other organizations in our community to reach out and make a difference, in their own way, with what they know and do best, in order to create a more sustainable community and a higher quality of life for the people who live here.

Accepting the award for Pilates Whole Body were Jan McGrath, her son, and many members of Pilates Whole Body. You can join and take part in the movement by checking out [www.pilateswholebody.com](http://www.pilateswholebody.com).

### **About the Rapid City Sustainability Committee:**

The purpose of the Rapid City Standing Committee on Sustainability is to encourage education, stewardship and policy leadership that will make our community a leader in economic, social and environmental sustainability. Meetings are open to the public and held at 5:30 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of every month. More information, including a Sustainability Award application form, is available at: [www.rcgov.org/public-meetings/city-committees/standing-committee-on-sustainability-497.html](http://www.rcgov.org/public-meetings/city-committees/standing-committee-on-sustainability-497.html).

