

♥ Empowered
Through
Fitness ♥



2018 Annual Report

Note from our founder

Empowered Through Fitness (EIN 82-4929044) was founded in March of 2018 with the intention of sharing the gift I have received from being a runner and a yogi: moving my body not only helped me feel physically stronger, but also helped me feel mentally empowered. Through movement we can all discover something new about ourselves, accomplish things we did not think were possible, and learn how to take up more space and time in the world. One of the goals of Empowered Through Fitness is to make fitness more accessible to women and girls in our South Florida community. I am happy to say this goal was accomplished in October of 2018 when we partnered with the Miami-Dade County Public School System to bring the [Girls Empowerment Health Fair](#) to West Homestead K-8. One-hundred girls participated in the county's first-ever health fieldtrip at no cost to them. Each girl received an "empowerment bag" with a sports bra, a period kit, an event t-shirt, and informational health pamphlets. In addition, the girls participated in a fitness activity and panel discussion with local healthcare professionals.

This goal remains a goal, however, and an integral part of Empowered Through Fitness's mission. We aim to expand our efforts by reaching more girls in 2019, as well as creating more programming for women. As our motto goes,

Empowered Girls Grow into Empowered Women.

Empowered Women Inspire Girls to Be Empowered.

We want to bridge the gap between becoming active and feeling empowered to stay active, whether it be by providing sports bras or improving access to fitness opportunities in the community.

On behalf of Empowered Through Fitness, I thank you for your support and for your belief in our efforts to bring fitness to women and girls in a way that empowers them to be the best versions of themselves. I hope this Annual Report leaves you feeling as impactful as I feel grateful.



Stephanie Diaz
Founder and President



Mission

The mission of Empowered Through Fitness is to provide tools and interventions for empowering women and girls through access to community resources that will aid them in creating and sustaining an active lifestyle.

Financial Highlights

Based on 2018 990 taxes and financial statements

2018 in review...

- ♥ Contributions: \$6379
- ♥ Expenses: \$4253
- ♥ Assets: \$2126
- ♥ Liabilities: \$0
- ♥ Net Assets: \$2126

Program Highlight: Girls Empowerment Health Fair

\$1533 total cost, which included:

- ♥ \$179 period kits
- ♥ \$401 event t-shirts
- ♥ \$544 Handful sports bras

Fundraising Events

Moms Night Out Yoga ♥ Self-Defense & Yoga with End Rape Culture

Spooky Halloween Fun Run ♥ Beer Yoga



2018 Impact: Girls Empowerment Health Fair



Homestead, FL ♥ 100 girls ♥ Ages 11 through 14

Handful sports bra ♥ Fun run

Period kit with pads, panty liners, and feminine wipes ♥ Health panel discussion



Notable Donors

- ♥ Handful
- ♥ Jackson Health System
- ♥ lululemon
- ♥ OM Movement
- ♥ Riviera Day School Moms
- ♥ Stephanie and Alejandro Diaz
- ♥ Susan G. Komen

Board Members

- ♥ Stephanie Diaz, Founder and President
- ♥ Alejandro M. Diaz, Vice President
- ♥ Nadine Echavarria, Secretary and Treasurer

*We are thankful for the generosity of our donors and
the support of our community.*

Empowered Through Fitness is a 501 (c) (3) charity registered with the IRS, EIN 82-4929044.
www.EmpoweredThroughFitness.org
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