



**EMPOWERED THROUGH FITNESS**

2019 Annual Report

## Note from our founder

In 2018 Empowered Through Fitness (EIN 82-4929044) developed its identity as we made the inspiration that was the genesis for the charity a tangible, community-based reality. In 2019 we grew through clarity as we refined our purpose and deepened our resolve to make fitness and wellness accessible to young girls and women in Miami. We not only held two [Girls Empowerment Health Fair](#), but we also committed to providing free monthly fitness classes for young girls at Chapman Partnership, a homeless shelter in Downtown Miami, in an initiative we call [Empowered TRY](#).

Our first [Girls Empowerment Health Fair](#) was held in the summer of 2019 at Chapman Partnership with Ms. Jennifer McNally, ARPN from South Miami OB/GYN Associates serving as our primary educator on female health and development. Our second [Fair](#) was held in December 2019 at Young Women's Preparatory Academy in collaboration with the Miami-Dade County Public School System; Dr. Jamell Walker, OB/GYN from Jackson South Medical Center served as our primary educator on puberty, hygiene, and sex while Ms. Jessica Stinnett, LMHC, NCC, Child, Adolescent, and Adult Psychotherapist from the University of Miami served as our primary educator on the mental health issues impacting girls and young women in 2019. Nearly 150 girls participated and engaged in discussions about the female health, social, and emotional experience. Additionally, each were gifted with tools that would support and encourage them on their fitness and wellness journey.

Our work with Chapman Partnership through our [Empowered TRY](#) initiative was a result of our desire to continue to support the girls following the [Girls Empowerment Health Fair](#). Once a month, I, along with fitness professionals like Gwen Kelley (Dance Instructor and Certified Pilates Mat and Barre Precision Trainer) and Lena Habash (Certified Strength & Conditioning Specialist), would meet with girls, ages seven and up, to engage them in an activity that explored one of Empowered Through Fitness's core values (outlined later in this report) and to introduce them to different fitness modalities. My favorite part of our work with these girls were those moments when the girls would act as the teachers; they are definitely fans of the arm balance "crow pose" and they like to remind us adults that we are not as flexible nor as courageous in movement as they are!

My hope is that through our initiatives and the women who speak, present, and teach during our events, we are able to bridge the gap between becoming and staying active and between feeling empowered and inspiring others to empower themselves.

On behalf of Empowered Through Fitness and a successful 2019, I thank you for your support of our programming and for giving us the opportunity to become clearer on the best ways to be an organization that promotes and empowers women and girls in our community to be their best selves.



Stephanie Diaz  
Founder and President

## Mission

The mission of Empowered Through Fitness is to empower women and girls to begin and maintain an active lifestyle through events such as the Girls Empowerment Health Fair and through access to local fitness classes and health workshops.

## Financial Highlights

*Based on 2019 taxes and financial statements*

- Beginning Balance 2019: \$2126
- Ending Balance 2019: \$582
- Contributions: \$1192
- Expenses: \$2647
  - Girls Empowerment Fair; \$1280
  - Management: \$1397
- Liabilities: \$0



## Notable Donors

- lululemon
- OM Movement
- Miami Foundation via GiveMiami Day
- Yoga participant



## Notable Projects

- Development of Empowered Through Fitness's 30-Day Gratitude and Fitness Journal
- Collection of First Period stories
- Self-defense class for children

## Board Members

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



# 2019 Impact: Girls Empowerment Health Fair at Chapman Partnership

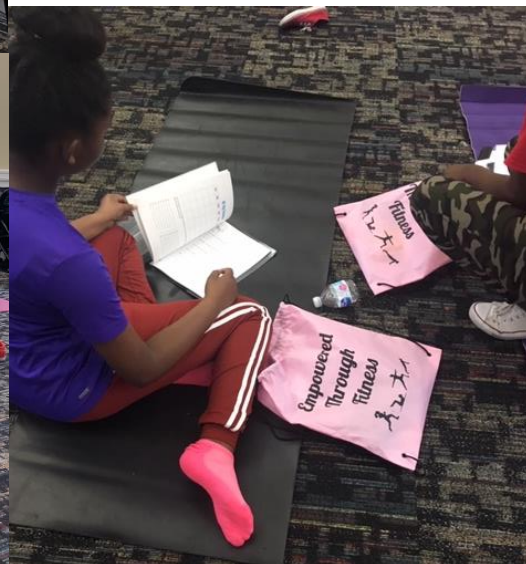
Twelve girls participated in and were present for a panel discussion that addressed topics such as breast health, puberty, consent, and goal setting. The girls were also introduced to dance, body weight exercises, and yoga. Each girl received an "Empowerment Bag" to support them on their fitness and well journey.

## Presenters:

- Gwen Kelley, Dance Instructor and Certified Pilates Mat and Barre Precision Trainer
- Jennifer McNally, APRN, South Miami OB/GYN Associates
- Lena Habash, M.S. Ed., Certified Strength & Conditioning Specialist
- Stephanie Diaz, Founder, Empowered Through Fitness

## Empowerment Bag:

- Custom pink drawstring bag
- Sports bra
- Period kit comprised of a zippered bag filled with pads, panty liners, and feminine wipes
- Empowered Through Fitness's 30-Day Gratitude and Fitness Journal
- Information worksheets on female health and development

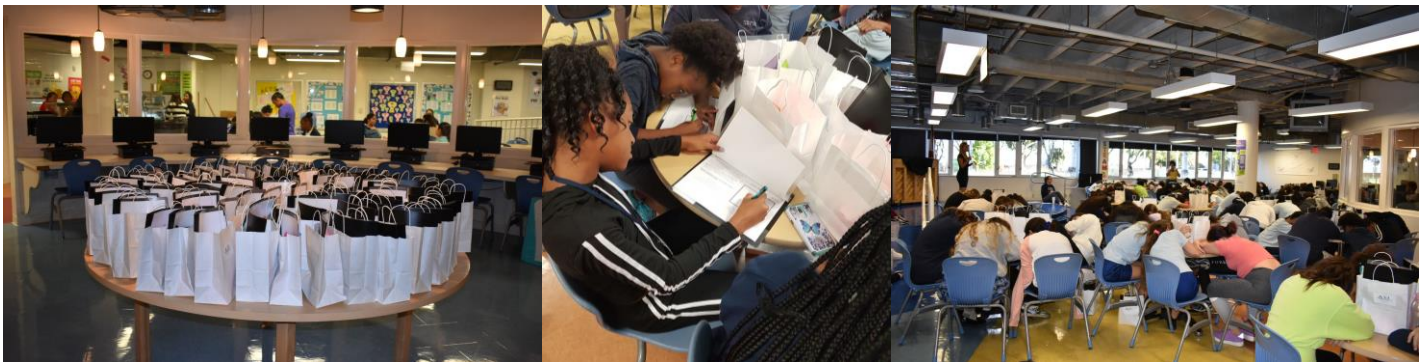


# 2019 Impact: Girls Empowerment Health Fair at Young Women's Preparatory Academy

One hundred and thirty-four sixth-grade girls participated in and were present for a discussion that addressed topics such as menstruation, consent, sexual intercourse, self-esteem, social media use, and suicide prevention. Each girl received an "Empowerment Bag" to support them on their fitness and well journey.

## Presenters:

- Dr. Jamell Walker, Assoc. Chief Ob/Gyn at JSMC and Medical Director of JMG the Women's Center at Jackson South.
- Jessica Stinnett, LMHC, NCC, Child, Adolescent, and Adult Psychotherapist
- Stephanie Diaz, Founder, Empowered Through Fitness
- Yama Paillere, Trust Counselor, Young Women's Preparatory Academy



## Empowerment Bag:

- Sports bra
- Period kit comprised of a zippered bag filled with pads, panty liners, tampons, and feminine wipes
- Empowered Through Fitness's 30-Day Gratitude and Fitness Journal



## 2019 Impact: Empowered TRY at Chapman Partnership

Monthly attendance fluctuated based on the number of girls, ages 7 and up, living at the shelter. Each session began with an activity that focused on one of our core values (the [ABCs of Empowered Through Fitness](#)) and was followed by a movement activity where the fitness professionals led the girls through a workout. Each session ended with the girls taking turns teaching everyone one move or pose they enjoyed either in that day's session or from a previous session.

### *ABCs of Empowered Through Fitness*

Ability: Emphasis is on what the body is able to do versus what the body looks like.

Balance: Self-care is a priority; stay on top of your mental hygiene.

Courage: Speak your truth with honesty.

Dependability: Follow through with your word.

Empathy: Be kind to yourself, but also be open to seeing the world through someone else's eyes.

Fitness: Movement empowers you to be your strongest self.

GratITUDE: Be thankful for what you have *now*.

Hope: Believe in the good things to come.



Intentionality: Do things purposefully.

Joy: Celebrate the wins, no matter how small.

Kindness: Treat yourself with respect and make no assumptions.

Love: Nourish yourself mentally and physically.

Mindfulness: Be actively present in this moment.

Nurturing: Know when to rest and allow rest to happen.

Ownership: Be accountable for your actions and your words.

Passionate: Follow your heart's desire with rigor and intention.

Quiet: Serenity; find comfort in time spent alone.

Respect: You don't have to feel guilty or shameful for saying "No."

Self-Value: Know your worth; know that you are enough just as you are.

Trust: Listen to your intuition and act on your gut instincts.

Understanding: Be compassionate toward yourself and others.

Validation: Accept what you feel as real to you.

Wonder: Be curious.

eXcellence: Reach for *your* best when pursuing *your* goals.

YOU: Be you; there is no one else like you.

Zest: Live with enthusiasm.



We are thankful for the generosity of our donors  
and the support from our community of speakers,  
volunteers, and movers.

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