



# 2020 Annual Report

# a note from our founder...

Dear Empowered Through Fitness Community,

Like most new organizations, we had planned to build upon the previous year's successes and expand on our offerings in the new year. When the new year is 2020, however, that approach simply was not possible. COVID-19 and the pandemic settled in and challenged us all to stop and redefine our roles in our homes and communities. At Empowered Through Fitness, all our plans for continued growth, building new community relationships, and sustaining existing relationships came to a pause. Volunteering and programming opportunities were put on an indefinite hold as the uncertainty of the virus caused many businesses, schools, and organizations to shutter their doors to maintain a level of safety and protection for their patrons.

In many ways 2020 felt like a devastating blow to our mission of making fitness accessible to women and girls in our Miami community. How could we maintain this mission when we were not able to gather with the community in-person? This is the question we wrestled with the most throughout 2020; clarity did not come quickly, and we had to ride out the pandemic as best as we could, always in communication with our community partners.

In other ways 2020 felt like an opportunity to expand our mission to better serve the changing needs of the community. Our mission has always been rooted in fitness and 2020 highlighted the need for us to develop a more comprehensive view of fitness. In the last quarter of the year, we developed a new program centered around the mental fitness gained through mindfulness. In this four-part series called, **Empowered Through Mindfulness**, we explore the intersections of mindfulness with brain science, multitasking, respiratory/nervous systems, and leadership. The first set of workshops were done in early 2021, so you can expect to hear more about their impact in our 2021 Annual Report.

This is not the Annual Report I thought I would deliver for 2020, but if there is one big takeaway from 2020, it is that handling the unexpected with flexibility and grace is sometimes the only way to move forward.

Thank you for your support throughout the years; 2020 was a tough year, but it was also a year where we all got to explore our resiliency as individuals and as individuals that are a part of a greater collective. May 2021 hold a little more ease for us, and may it be a year that is remembered for renewed hope and more heart-felt community connections.

With immense gratitude,



Stephanie Diaz

Founder and President

## Mission

Empowered Through Fitness is a 501(C)(3) charity (EIN 82-4929044) with the mission of empowering 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.

*Empowered Through Fitness is committed to creating inclusive spaces, uplifting the voices of women and girls we work with, and celebrating the rich culture of diversity in our Miami community.*

## Financial Highlights

*Based on 2020 taxes and financial statements*

- Beginning Balance 2020: \$582
- Ending Balance 2019: \$1,055
- Contributions: \$2020
- Expenses: \$1588
- Administrative fees (website, business registrations, tax filing): \$638
- Assets, including non-current assets: \$1366
- Liabilities: \$0

## Notable Donors

- Casa Vinyasa Yoga Studio
- Silvia Roges
- Stephanie and Alejandro Diaz
- Miami Foundation via GiveMiami Day
- Yoga participants

## Notable Projects

- Development of Empowered Through Fitness's "Empowered Through Mindfulness" workshop series.
- Maintenance of community relationships with past program participants.

## Board Members

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



*We are thankful for the generosity of our donors and the support from our community that believes in the power of fitness to transform and empower.*