

STRENGTH IN ACTION

IMPACT REPORT

20 24

EMPOWERING YOUTH THROUGH
FITNESS & MENTORSHIP



SIA

OUR STORY

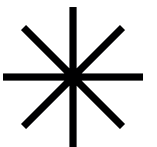
In 2024, driven by my own experiences with bullying during my youth, I founded Strength in Action. As a child, I faced challenges that led me to seek solace and strength in fitness, starting with simple push-ups in my bedroom and eventually growing into a passion for weightlifting and competitive bodybuilding. This journey transformed not just my body, but also my self-esteem, revealing the profound connection between physical fitness and personal well-being.

Moved by my transformation and eager to share this empowering experience, I created Strength in Action. Our goal is to empower young individuals by equipping them with the tools they need to build both physical and mental resilience. Through structured fitness programs and dedicated mentorship, we strive to help others overcome their challenges and unlock their potential, just as I did.



John S.

**FOUNDER
STRENGTH IN ACTION**



OUR PROGRAM

Structured Fitness Programs

Our programs, designed by certified trainers and experienced athletes, are tailored to the diverse needs of young individuals. Depending on their goals and fitness levels, we track progress to ensure effectiveness.

Mentorship

Each participant is paired with a mentor who provides guidance, support, and motivation throughout their journey. They work closely with participants to help them set realistic goals, overcome obstacles, and build lasting confidence.

Nutritional Guidance

We provide comprehensive nutritional guidance alongside our fitness programs. Each week, we prepare nutritious meals for participants, complete with macro breakdowns, to educate them about balanced nutrition and its role in overall health.

Community Engagement

We host community events that foster a sense of belonging and camaraderie among participants. Additionally, through our social media platforms, we engage a broader audience, sharing progress and health tips to inspire and educate both participants and the public.

SIA

2024 HIGHLIGHTS

26

PARTICIPANTS ACTIVELY
ENGAGED IN OUR PROGRAMS



6

DEDICATED VOLUNTEERS WHO
BRING PASSION AND
EXPERTISE



91

NUTRITIOUS MEALS PROVIDED



2

EVENTS HOSTED, DRAWING A
TOTAL OF 50 COMMUNITY
MEMBERS



92%

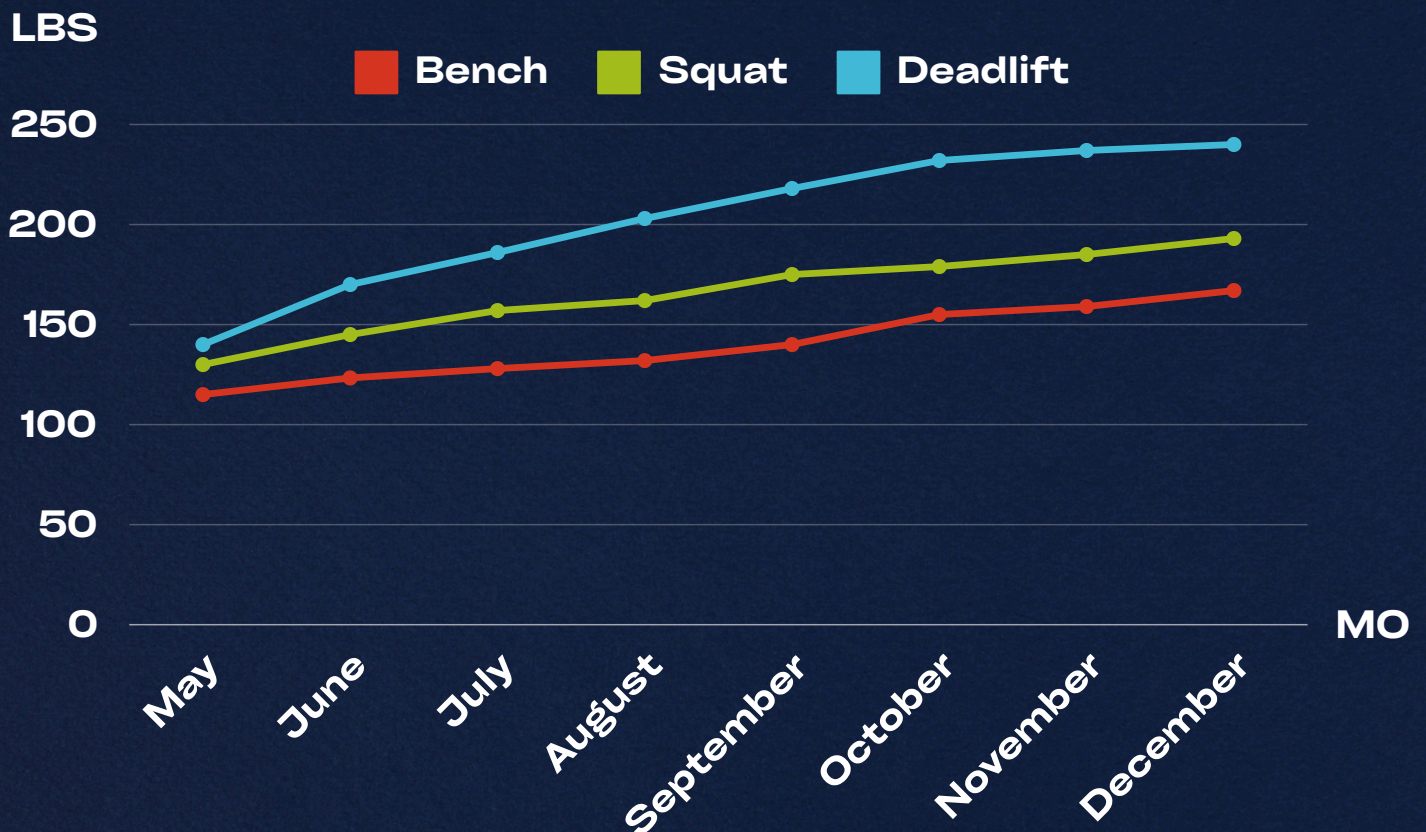
OF PARTICIPANTS SHOWED
SIGNIFICANT MEASURABLE
IMPROVEMENT IN THE FIRST
MONTH

(MORE DETAILED OUTCOMES DISCUSSED IN
THE FOLLOWING SLIDE.)

STRENGTH TRAINING PROGRESS

TRACKING AND SHOWCASING CONSISTENT STRENGTH GAINS ACROSS KEY LIFTS.

THE GRAPH BELOW ILLUSTRATES THE AVERAGE MONTHLY PERSONAL RECORDS IN EACH KEY LIFT FOR ALL OF OUR PARTICIPANTS.



TOTAL STRENGTH GAINS SUMMARY FOR 2024:

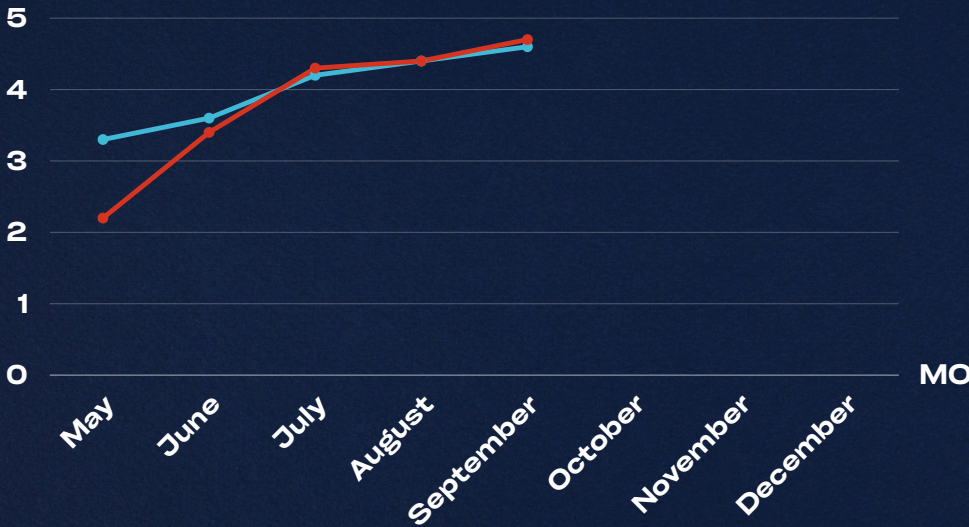
- **BENCH PRESS:** INCREASED BY **882 LBS** COLLECTIVELY.
- **SQUAT:** ADDED A TOTAL OF **919 LBS**.
- **DEADLIFT:** GAINED **1287 LBS** ACROSS ALL PARTICIPANTS.

MONTHLY IMPACT ASSESSMENT

EACH MONTH, WE ADMINISTER A SURVEY FOR PARTICIPANTS AND THEIR FAMILIES TO FILL OUT, ASSESSING IMPROVEMENTS IN CONFIDENCE AND WELL-BEING.

RATE THE IMPROVEMENT IN YOUR CONFIDENCE ON A SCALE OF 1-5

Participant Ratings Parent Ratings



CONFIDENCE RATINGS:

PARTICIPANTS:
IMPROVED FROM **3.3** TO **4.6**

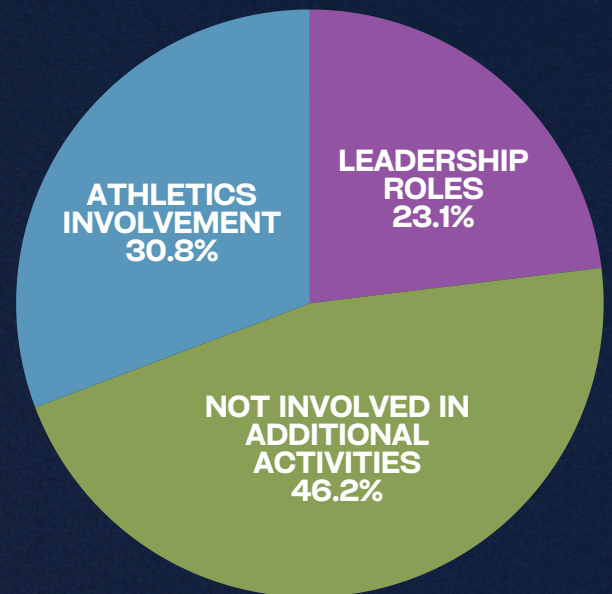
PARENTS' PERCEPTION:
INCREASED FROM **2.2** TO **4.7**

WE INTEGRATE **ATHLETICS** AND **LEADERSHIP** WITH MENTORSHIP TO FOSTER **TEAMWORK** AND **LEADERSHIP SKILLS**, ENCOURAGING PARTICIPANTS TO PURSUE **GROWTH** IN AREAS SUITED TO THEIR **PERSONAL GOALS**.



THIS APPROACH CULTIVATES WELL-ROUNDED INDIVIDUALS READY FOR **DIVERSE CHALLENGES**.

PROPORTION OF PARTICIPANTS ENGAGED IN EXTRACURRICULARS ALONGSIDE THEIR FITNESS TRAINING.



FINANCES

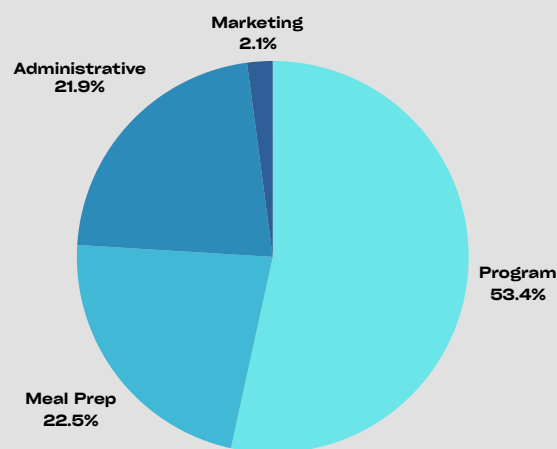
MAY 2024-DECEMBER 2024

TOTAL REVENUE: \$2078.82

TOTAL EXPENSES: \$2040.27

EXPENSES BREAKDOWN:

PROGRAM SERVICES:	\$1090.15
MEAL PREP:	\$459.79
ADMINISTRATIVE COSTS:	\$447.48
MARKETING:	\$42.85



COMMUNITY SUPPORT AND IMPACT:

THIS YEAR, EVERY DOLLAR DONATED BY OUR **GENEROUS COMMUNITY** WAS INSTRUMENTAL IN SUSTAINING AND EXPANDING OUR CORE ACTIVITIES. YOUR CONTRIBUTIONS DIRECTLY SUPPORTED VITAL PROGRAM SERVICES AND MEAL PREP THAT ENHANCED THE HEALTH AND WELL-BEING OF OUR PARTICIPANTS.

VISION FOR 2025

GOAL FOR FUNDRAISING:

- TARGET: RAISE **\$10,000**

PROGRAM ENHANCEMENTS:

- **GYM MEMBERSHIPS:** SECURE INDIVIDUAL GYM MEMBERSHIPS FOR ALL PARTICIPANTS
- **COACHING COMPENSATION:** PROVIDE SALARIES FOR OUR DEDICATED COACHES TO MAINTAIN HIGH-QUALITY SUPPORT
- **INCREASED EVENT FREQUENCY:** HOST MORE EVENTS TO ENHANCE COMMUNITY ENGAGEMENT AND PROVIDE ADDITIONAL LEARNING AND NETWORKING OPPORTUNITIES FOR PARTICIPANTS.



We extend our deepest thanks to each of you—**participants, parents, coaches, community members, and donors**—who have **supported us** through this transformative year. Your contributions, whether through **time, resources, or encouragement**, have been vital to our **successes**.



TOGETHER, WE ARE BUILDING A RESILIENT COMMUNITY WHERE EVERY INDIVIDUAL HAS THE OPPORTUNITY TO THRIVE. THANK YOU FOR BEING A PART OF OUR JOURNEY.