OUR MISSION

Our mission is to improve the quality of lives for children with special needs, children fighting obesity, and talented athletes by inspriring them to participate in recreational and competitive level gymnastics. We promise to promote dignity, and support bold steps by all.

TESTIMONIAL

"Samuel is 12 years old and has Down Syndrome. He started class through a scholarship from the Discover Fitness Foundation three years ago. Since that time we have seen a huge improvement in his strength, coordination, and focus. Not only has his fitness level improved, but he has also benefited cognitively and socially. Thank you to the Discover Fitness Foundation for providing this wonderful opportunity for Sam to participate in the sport of gymnastics!"

– Samuel's Mother

1 FOUNDATION

2 STATES

942 KIDS to date

1 SPORT

GOAL OF $30,000

600 PEOPLE GIVING $50

WILL YOU BE 1 OF THEM?

DISCOVER GYMNASTICS

September 16th - 20th from 4 - 9 p.m.

September 23rd - 27th from 9 - 2 p.m.

Stop by the booth in the lobby during those weeks to learn more and help us reach our goal.

DISCOVER THE POWER OF POSSIBILITIES

We need your help to give the gift of physical fitness to a child.

Any gift amount is appreciated.

$400 The cost for one child for one semester in gymnastics

The cost for one child for one semester in fitness **$250**

All donations are tax deductible and proceeds go directly to student scholarships.

3 WAYS TO DONATE

1. Online at www.discoverfitnessfoundation.org

2. Mail a check payable to
Discover Fitness Foundation
747 N. Shepherd #400
Houston, TX 77007

3. Donate by credit card in person at the above address, or call 713-680-0045

VISION

The DFF will continue to expand affiliated locations throughout the city of Houston and the state of Texas. By 2022 we will have created a nationwide network of gymnastics clubs and local fundraising chapter to have eligible children enrolled in fitness and gymnastics programs across the United States.

GOALS

Remove financial and physical barriers to participation.

Improve fitness levels.

Serve the greatest number of children possible.

Create the positive peer interactions and lead healthier active lifestyles.

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Discover gymnastics

Discover *fitness* foundation
Discover the Power of Possibilities