



10 Things To Know About kettlebells4kids

WHO WE ARE?

1. kettlebells4kids is a registered 501(c)(3) (non-profit) organization built to raise awareness and funds to support 2.5 million homeless kids in America.
2. Founded in 2015, we have already enlisted over 100 CrossFit boxes and other gyms to host our nationwide, fundraising WOD. To date we have raised over \$300,000 to bring active play and fitness to nearly 3,000 homeless kids living in shelters across 32 states.

OUR MISSION

3. We believe building strong, confident children today will create successful, healthy communities tomorrow.
4. Children are what they experience – we believe the power of fitness can get homeless kids moving in a new direction.

HOW YOUR DOLLAR HELPS?

5. Donations raised in each state, stay in that state to help homeless kids in the surrounding communities.
6. Money raised supports in-shelter active play and fitness equipment and programs through our charity partner, Bright Horizons Foundation for Children, among others
7. By 2020, we plan to pilot our own in-shelter fitness program where we will fund equipment, coaches and classes 2-3x each week. We will measure physical, emotional and social progress in order to assess impact and refine our program

HOW MUCH OF MY MONEY HELPS THE CHILDREN?

8. We are currently operating with 100% VOLUNTEER staff. Our goal each year is to give 75% of every dollar directly to program support. Remaining funds support daily operational and marketing costs. As reported in our [2015/2016 Annual Report](#), .76 cents of every dollar went directly to programs and .74 cents in our [2016/2017 Annual Report](#)

HOW CAN I MAKE A DIFFERENCE?

9. Create a fundraising page or team to host our 2018 fundraising WOD
10. [Order a kettlebells4kids shirt](#) to raise awareness and spread the word

Learn more about us at <http://www.kettlebells4kids.org/> or follow us   
#kettlebells4kids #athlete4homelesskids #bearolemodel

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