



# FULFILLMENT IN TRAINING

CHALLENGING YOU TO BE THE BEST VERSION OF YOU

[www.FITWINS.org](http://www.FITWINS.org)

We are **Fulfillment in Training (F.I.T.)**, a non-profit organization based in South Phoenix, Arizona. We empower and interconnect communities through our holistic approach to health and wellbeing. We provide fitness programs, community empowerment and enrichment, and organizing opportunities to bridge the gap between community members and police officers, city staff, and the government leaders who serve the needs of their neighborhoods.

Our goal is to empower individuals with the opportunities, community connections and support needed to align their personal health and the health of their neighborhoods and larger community to reflect the strength, diversity, and limitless potential of the people in the community. We'll work to create safer communities and neighborhoods to support equal treatment and human rights. Our goal is to nurture a true concept of community with government, officers, and citizens working as one. Having the same goal and interest of safety, opportunity, support and success of the community.

## OUR PROGRAMS INCLUDE

- Free weekly community workouts, and healthy living, and life skills workshops in our training facility that shares space with local sports teams, athletes and our police fitness program.
- Organize neighborhood community service, townhalls and forums, homeless outreach, park cleanups, and other community enrichment activities to connect people to services and their local representatives to identify and address gaps to work together toward solutions.
- Partner with local police and other first responders and safety officers to create direct dialogue, shared activities and forge relationships between the people in the community and the officers responsible for helping them community reduce crime, increase safety and create a thriving, and supportive community.
- Engage youth in K-12 schools in workshops, activities, and in-school rallies to empower kids to create a healthy mindset, build a safe and supportive community within and outside their school, and incorporate healthy playtime and exercise at every age.
- Working with City Housing Services to provide free summer and year round programs related to exercise and health to kids in low income and underserved communities.
- Currently working with the Maricopa County Probation to obtain our certification to enhance and implement our criminal justice diversion program.

HEALING STARTS HERE