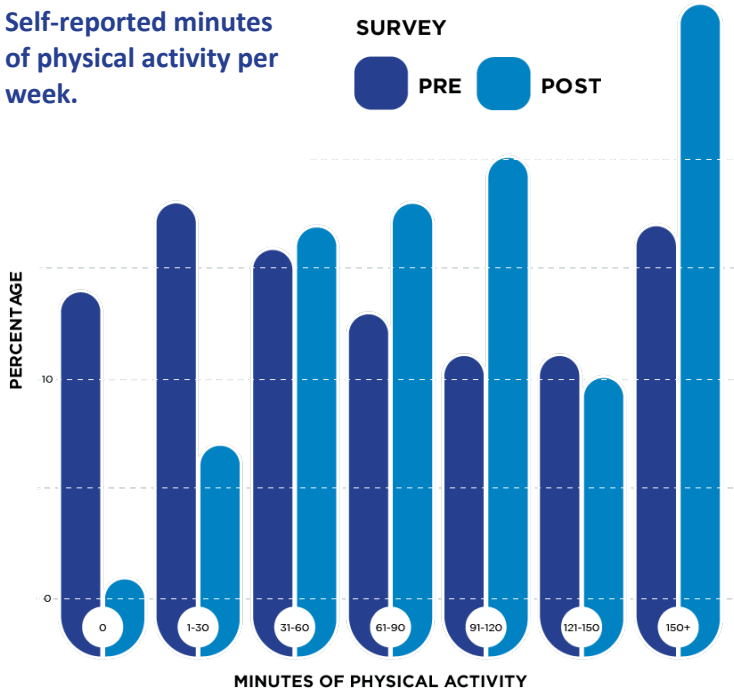




ANNUAL EVALUATION
2019-20

PARTICIPANT OUTCOMES

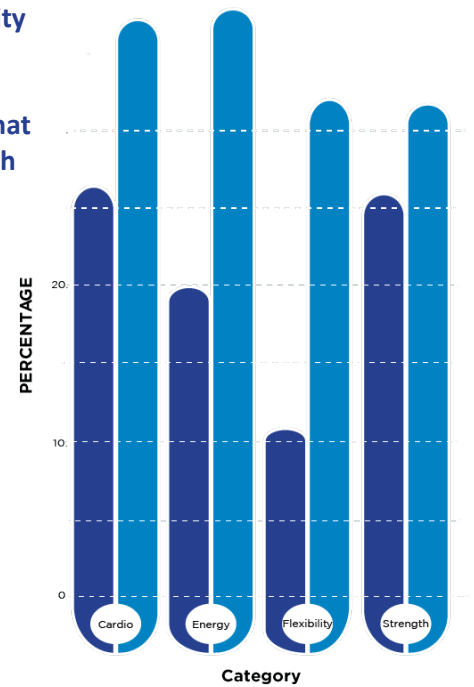
Self-reported minutes of physical activity per week.



Physical Activity Assessment: Percentage of participants that self-assess high or very high

SURVEY

PRE POST



Class Participants Self-Reported Outcomes

Knowledgeable about physical fitness



Have a positive outlook on life



Increased Confidence



Reduced stress and improved mood



Improved ability to function in daily activities/tasks



Weight Loss



Reduced Medications



CLASS ATTENDANCE

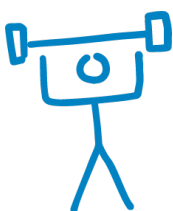
July 1, 2019- June 30, 2020

13,090

Total Class Visits

2-89

Age Range of Participants



1,372

Total Unique Participants

81%

of class participants are overweight or obese.

MEET MONIQUE & ROCHELLE

By: Juliana Gecker

Monique (50) and Rochelle Deveaux (12) are a mother-daughter duo from Providence Forge, VA who have been avid participants in the Fitness Warriors classes since 2019. Though this year has presented many challenges for us all, including shifting our classes to Zoom, Monique and Rochelle haven't let things slow them down one bit! If anything, they've turned a negative into a positive by using this time as an opportunity to become closer, try new classes they wouldn't be able to if it weren't for our virtual format, and accomplish their goals physically and mentally.

How did you find out about the Fitness Warriors program?

M: I first heard of Fitness Warriors when I saw a flyer on my church's bulletin board. I decided to get involved in 2019 where I joined classes at St. Paul's Baptist Church, and I've been participating ever since.

R: I joined my mom back in March when the pandemic started. I joined her for one of her classes and I've been stuck ever since!

How has being involved in Fitness Warriors helped you outside of just physical fitness?

M: I'm the healthiest I've been yet! I've become more flexible, seen positive changes in my outward appearance, and it's given me the opportunity to bond with my daughters.

R: It makes me feel like I've done something. It makes me feel proud and accomplished.

We've all experienced hardships throughout 2020 due to the pandemic. How has the Fitness Warriors program helped you make it through? What has staying involved virtually through Zoom classes done for you?

M: It's been a way to help me cope. You can stretch out, it gives you something to do that's healthy, the instructors are committed, and I'm grateful. I've been able to experience more classes because of the Zoom format.

R: It's helped me get my virtual P.E. hours in a fun way.

Was there ever a moment you've had while participating that made you stop and think to yourself, "Wow, this is what I love to do!" and, if so, can you explain that moment?

M: During the HIIT classes! They make me feel invigorated and the instructors are always enthusiastic, which helps me get through.

R: I'd have to say during the HITT class too. I always feel strong after the HITT classes. They make me feel good and it makes me feel like I can lift a thousand pounds!

What specifically keeps you coming back for more Fitness Warrior fun?

M: It's become a routine for me. If I miss a Thursday, I'm not happy! It's become something I look forward to; plus, I've seen positive results.

R: For me, it's knowing I'll feel good, have fun, and meet new people.

What's one piece of advice you'd give to someone new to or wanting to try out Fitness Warriors?

M: Give it a try and do what you can! If you stick with it, you will get better. There's something for everyone so no excuses!

R: Have Fun!



MEET OUR 2019-2020 HOST SITES

4th Avenue Senior Apartments - RRHA
Amelia County Parks & Recreation
Antioch Baptist Church
Bellemeade Community Center
Bensley Community Building
Blackwell Community Center
Bon Secours Center For Healthy Living Sarah
Garland Jones Center
Broad Rock Community Center
Calhoun Center
Chesterfield Mental Health Support Services
Ettrick Community Building
Colonial Heights Recreation and Parks
Covenant Presbyterian Church
Cross Pointe Church of the Nazarene
Delta Community Service Foundation
Faith and Family Community Center
Friendship Baptist Church
G.H. Reid Elementary School
Ginter Park Library
Ginter Park Presbyterian Church
Girls for a Change
Great Hope Baptist Church
Hatcher Tobacco Flats
Hickory Hill Community Center
Hopewell Community Center
Jerusalem Baptist Church Jarrett, VA

Lutheran Church of Our Redeemer
Manna Christian Fellowship Church
Marywood Apartment
Northside Boys and Girls Club
Nottoway County Public Schools -Burkeville Site
Olive Branch Baptist Church
Pathways-VA, Inc.
Petersburg Public Library
Powhatan Community Center
Providence Park Baptist Church
Randolph Community Center
Richmond Behavioral Health Authority
Richmond Public Library – Hull Street Branch
Richmond Public Library - Main Branch
Sacred Heart Center
Sixth Baptist Church
Southside Community Center
Southwood Community Center
Stonebridge Recreation Center
The Light Community Church
The St Paul's Baptist Church – Elm Campus
The St. Paul's Baptist Church – North
The Saint Paul's Baptist Church – South
Trinity Family Life Center
VCU Health Hub at 25th
Westover Hills Community Center
Winn's Baptist Church



8TH CLASS GRADUATES



SHARON ADAMS



MELISA BATES



JACKI DAVIS



IRMA DIAZ



BAILEY GARRISON



IESHIA GRAY



CRYSTAL HOPPER



MARICA MOORE



TAZASHIA WILSON





MINI-GRANTS

Between July 1, 2019 and June 30, 2020, we awarded a total of \$5,910 in Sports Backers mini grants to 9 organizations that offer free classes to the community through the Fitness Warriors program. We were proud to support the following Warriors and their host site organizations:

Lindsey Washington
Providence Park Baptist Church

Rebecca Ingram
Colonial Heights Recreation & Parks

Andrea Boozer
1 Step 2 Health Foundation

Elicia Gordon
Chesterfield County Parks & Recreation - Ettrick Building

Patricia Wilson
Ginter Park Library

Theresa Caldwell & Talibah Majeed
Petersburg Public Library

Tiffany White
Delta Community Service Foundation

Eboni Washington
Southside Community Center

Sarah Nave
Covenant Presbyterian Church

AWARDS

Outstanding Host Site Award
Stonebridge Recreation Center

Nominated by Warriors, this award is given to the host site that goes above and beyond to support and promote their Fitness Warrior class.

Class Participant Stand Out Award
Northside: Terry Strayhorn
Southside: Nadine Nelson
Tri-Cities: Fatima Rasheed

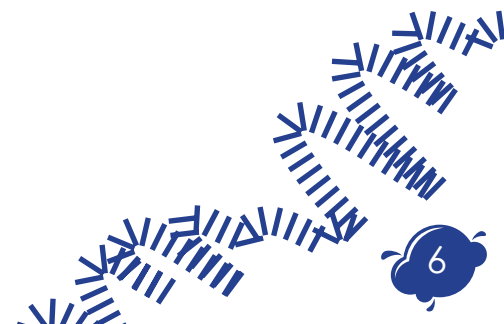
Nominated by their Warrior instructors, this award is given to a class participant, or participants in this case, who stand out for their above and beyond participation in Warrior classes.

Fitness Warriors Volunteer of the Year Award
Lindsey Washington

This award is given at the Sports Backers annual volunteer appreciation event to the Warrior who exceeds program expectations and excels as a Fitness Warriors volunteer.

Raymond D. Patterson Award
Theresa Caldwell

With nominations coming from their fellow Warriors, this award is given to the Warrior who is a change maker in the community both through the Fitness Warriors program and through their outside service to the community.



WARRIOR OUTCOMES

85%

of Fitness Warriors
are satisfied with community
leadership opportunities.

Accomplishments attributed to the Fitness Warriors Program



Friendship/
Connection



Personal
Life Skills



Change in
Life and
World View



Fitness
Jobs

SCHOLARSHIPS & TRAINING OPPORTUNITIES

In an effort to support the ongoing growth and development of our most dedicated Warriors, we offer scholarships and additional training opportunities throughout the year. We are proud of the Warriors for taking advantage of these opportunities and bringing what they learn to their free community fitness classes.

ACE GROUP FITNESS INSTRUCTOR

ARLENE CARY
BOBBY GRAVES
KISHA HOLLOWAY
REBECCA INGRAM
OLGA JETER
SHIRTIERA LYNCH
JAYME PERMINT
DANIELLE SAUNDERS
CHANTEL TURNER
TIFFANY WHITE

ACE SENIOR FITNESS

KATHY BROWN
THERESA CALDWELL
TIFFANY COPELAND
WILLETTE ELLIS
JOSIAH GILLISON
BOBBY GRAVES
CAROLE HALSTEAD
OLGA JETER
TALIBAH MAJEED
DENISE MORMAN
JACKI QUINLAN
LINDSEY WASHINGTON

TRX SUSPENSION

LAKEISHA ALLEN
ANDREA BOOZER
KATHY BROWN
ARLENE CARY
DELICIA CLEMENTS
TIFFANY COPELAND
JACKI DAVIS
WILLETTE ELLIS
JOSIAH GILLISON
ELICIA GORDON
IESHIA GRAY
CAROLE HALSTEAD
SHANNA HOLLAND
KISHA HOLLOWAY
CRYSTAL HOPPER
LACORA HURT
REBECCA INGRAM
RICKY MARTIN
JOYCLYN MCCALLUM
TAIMANI SCOTT
EBONI WASHINGTON
LINDSEY WASHINGTON
TAZASHIA WILSON
TERRICA WOOLRIDGE

ZUMBA

ANDREA BOOZER
WILLETTE ELLIS
CHINARY HALL
SHANNA HOLLAND
ROBIN JONES
MONTINA MCELROY
TIFFANY WHITE
TERRICA WOOLRIDGE

SCULPT & CORE PILATES

JOSIAH GILLISON
CAROLE HALSTEAD
EBONI WASHINGTON
LINDSEY WASHINGTON

CHAIR ONE FITNESS

THERESA CALDWELL
CHINARY HALL
CAROLE HALSTEAD
LACORA HURT
REBECCA INGRAM
TALIBAH MAJEED
RICKY MARTIN
TAMANI SCOTT
PATRICIA WILSON



WHAT DOES IT MEAN TO BE PART OF THE WARRIOR FAMILY?

“Being a Warrior means that I am contributing my gifts to my community to help overcome the fear of working out, and the “I can’t attitude.” ...Being a Warrior has allowed me to introduce mindfulness to my community. For that...I am forever grateful!”

- Fitness Warrior

“Classes have a positive and encouraging energy. Tiffany does a great job communicating the steps, so that newcomers can easily participate. Class times and dates were consistent, and changes were promptly communicated.”

- Olive Branch Baptist Church,
Host Site

“Thank you for acknowledging my participation in your Zoom Classes. What I need you to know is how much your classes mean to me - they anchor my day, raise my spirits and of course, improve my fitness level...thank you!”

- Kate,
Warrior Participant

