



Introducing FutureStrong

A 501(c)(3) youth-focused organization dedicated to improving outcomes through physical fitness, health and nutrition education, and career development.

Building Strong Bodies, Minds, and Futures for Every Child.

MISSION: To empower youth with physical strength, health knowledge, and career pathways to thrive throughout life.

VISION: A future where every child—regardless of background—has access to the tools and opportunities required for a healthy and economically secure life.

Physically active kids achieve higher academic outcomes.

3 FOUNDATIONAL PILLARS

FITNESS

Structured programs that build strength, confidence, and healthy habits.

NUTRITION

Practical education that improves health literacy and decision-making.

LEADERSHIP

Leadership training and certifications to advance employment opportunities.

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VALUES: Equity & Access · Whole-Child Development · Excellence & Accountability · Community Partnership.

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LEARN MORE & DONATE
AT
WEAREFUTURESTRONG.COM

