



Higher Fitness Levels Produce Higher Grades

GO FIT

Fitness Mentorship

Fitness Mentorship is a personal developmental relationship in which a fitness mentor will coach and assist students to increase fitness, student achievement, character development and self-esteem.

Fit2Empower

Mailing only: 6068 US Hwy 98 W, Ste 1-230

Physical Address: 2118 A Oak Grove Road
Hattiesburg, MS 39402

601.408.0551 or 601.408.0917
www.fit2empower.org

Our Mission: We are nonprofit organization that provides holistic tools and resources for healthy living and personal empowerment.

Our vision is to see youth and families experience a healthier lifestyle, increased academic achievement & an improved quality of life.



MENTORSHIP
teach | inspire | motivate

Results

