



# 2024 Impact Report

## A MESSAGE FROM OUR FOUNDERS

We refused to let young lives be defined by limitations. We're passionately igniting their potential through programs that build leaders, nurture their well-being, and fuel community action. Their growing confidence, active engagement, and commitment to change prove we're not just building programs, we're building hope for a future where they know they can, and will, make a difference. ~Reggie & LaChanda Dupard, Cofounders

## A YEAR OF GROWTH, DISCOVERY, AND TRANSFORMATION



At Fit and Faithful Living (FFL), we believe that impact is **measured by depth, not numbers**. It's **not** about **how many** we reach, but **how deeply** we connect, guide, and empower *each young person* who walks in our leadership program. Our commitment is to **deliver a quality dosage of programming, intentional, consistent, and rooted in purpose**. Every session, every conversation, and every experience is designed to leave a lasting impression, building strong foundations for growth, leadership, and wellness. Through our after-school initiatives, summer camps, and the life-changing DiscoverU21 experience, we've watched our youth **grow into confident leaders, bold thinkers, and compassionate change-makers**.

## IMPACT SNAPSHOT

21

\$3,500 Scholarships:  
Professional Leadership  
Chicago Discovery Tour

45

45 Youth Ambassadors:  
Leading with Purpose

300+

In-person & Virtual  
Dallas, TX and New Orleans, LA





## PROGRAMS

## DETAILS

## OUTCOMES

### Youth Development: Investing in Future Leaders

We cultivate future leaders through targeted leadership training, personalized empowerment coaching, and accessible academic support, ensuring every student has the tools needed to excel.

- Increased Confidence & Leadership Skills
- Improved Academic Performance
- Enhanced Goal Setting & Resilience
- Active Engagement
- Stronger Peer Relationships
- Higher Educational Aspirations

### Healthy Living: Nurturing Mind, Body, and Spirit

We empower students for lifelong well-being, focusing on mindful practices, nutrition, and fitness. We also cultivate healthy relationships through clear communication and boundary setting.

- Improved Physical & Mental Wellness
- Enhanced Nutritional Awareness
- Stronger Relationship Skills
- Increased Self-Awareness & Boundaries

### Community Leaders: Cultivating Civic Engagement

We ignite civic engagement and social responsibility by connecting students with inspiring leaders through our ED Talk Series, empowering them through meaningful community service projects, and strengthening community bonds through collaborative volunteerism and special events.

- Exhibited a greater commitment to giving back and making a positive impact
- Enhanced Leadership Skills
- Developed skills in public speaking
- Built meaningful connections with their peers



# Junior Advosory Board

The Fit and Faithful Living (FFL) Junior Advisory Board (JAB) an opportunity for youth to step up, lead, and make a real impact! Created to bridge the gap between FFL Leaders and the Voice of the Youth, JAB empowers young changemakers to strengthen our communities in Dallas, TX, and New Orleans, LA.

As a JAB member, they are expected to bring their passion, energy, and ideas to help shape the future of FFL. Each member gains leadership experience, make meaningful contributions, and inspire others, all while working toward a mission that truly matters. We are incredibly proud of their first year of leading, serving, and growing! 🚀

## 4C's – CORE VALUES

Confidence | Courage | Character | Communication



(Pictures Left to Right)

Lyanna Cardoso, Board Chair - HS Jr

Jaymon Williams, Assistant Chair - HS Jr

Eyrarn Osae, Chaplain - HS Jr

Michaela Brock, Secretary



Adonis Bell, Asst Secretary, HS Sr

Savion Ealy-Smith, Creator, Middle 7th

Mekhai Johnson, Treasurer, HS Soph

Samaiyah Shabazz, Asst Treasurer, HS Soph



Drew Nickerson, Photographer/Gaming HS Jr

Jasmine Cardoso, Asst Photographer, HS Soph





## Voices of the Future: Inspiring Quotes from Our Young Leaders



"FFL has helped me grow as an individual by encouraging me to not give up, keep my faith, and push through obstacles I once thought were beyond me. Specifically, I never believed I could rebuild my physical strength from a unique birth condition, but FFL set me up for success. They provided guidance and ensured I included things that would not only help me build strength but also shift my mindset on how I see myself. Despite setbacks, I've gained significant strength in my body that I didn't think I could achieve."

**~Lyanna Cardoso, 17**

"Fit and Faithful Living has helped me become more comfortable and confident with myself and with others around me. Helped me better communicate, showed me how to carry myself properly. They also helped me achieve goals I wouldn't think possible from helping with internships, and opportunities with mentors who want to get know me better and also help me with my future. Also helped me believe in myself to be more, and not hide who I am because of someone else's opinions. With FFL I'm able to search in higher places and show who I am as an individual, that will be great because I had greatness like FFL thrust upon me. And for that I will forever be thankful."

**~Drew Nickerson, 16**



"As a member of FFL, the lesson that really stands out to me is... In life we're going to make mistakes and mess up, but it is how we respond to our mistakes. Are we going to put the blame on others or take accountability for our actions? When we start taking responsibility for our actions. We start making less mistakes."

**~Keira Hampton, 15**

"Fit and Faithful Living has truly transformed me. I went from being a kid who played around, lacked focus, and kept to myself, to a young man who sits in the front, engages in discussions, speaks up when something isn't right, and refuses to settle for less because I know my worth. I never imagined being able to openly talk to my parents about problems, let go of bad habits and toxic friendships, or confidently handle tough situations. But FFL provided me with a safe space, valuable resources, and guidance from speakers who helped me find my strength. Because of them, I got the support I needed, and for that, I am forever grateful. I now face challenges with clarity rather than anger, and instead of shutting down, I rise up. Thank you, Fit and Faithful Living, for believing in me and helping me become the person I am today." **~Adonis Bell, 18**

"I've learned that teamwork and leadership is the best lessons in life. Working together as a team is how we accomplish our dreams. FFL taught me how God wants us to be the best we can be. When I grow up I wanna be just like Kobe Bryant, I wanna have his strive and determination to make me shine. When I go to FFL I feel like Kobe Bryant, like I can do anything."

**~Brayden Hampton, 13**



We couldn't have  
done it without your  
generous *support.*

Thank you  
to all our donors,  
staff and volunteers.

#### Looking Ahead: A Future of Possibilities

As we reflect on the past year, we are filled with gratitude for the dedication of our staff, volunteers, and supporters. We are committed to building upon our successes by enriching the lives of each youth, ensuring they discover and maximize their unique potential and become a positive leader in their community.

We invite you to join us in our mission to create a brighter future for our youth. Your support, whether through volunteering, donations, or advocacy, makes a profound difference in the lives of the young people we serve. Thank you for your partnership in building a community of empowered leaders.

✉ LDupard@FitandFaithfulLiving.org

🌐 [www.FitandFaithfulLiving.org](http://www.FitandFaithfulLiving.org)

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# Board *Members*

Reggie Dupard, Board Chair  
LaChanda Dupard, Executive Director  
Dominique Gray  
Al Long  
Tasha Tolbert

# Advisory Board *Members*

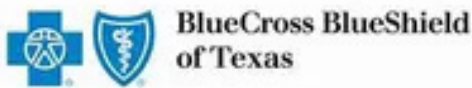
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Greg Babcock  
Jerome Colbert  
Mandy Colbert  
Karen Clark  
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Lauray Kennedy

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Jose Perez  
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