





KEEN
KIDS ENJOY EXERCISE NOW
los angeles

**USC UCEDD
Presentation**

March 11, 2016

Los Angeles

KEEN Snapshot

- Started in 1992 by Elliott Portnoy in Washington, D.C. and currently a national organization with 7 locations nationwide.
- KEEN's founding mission is to empower youth with disabilities by providing **free**, non-competitive, one-to-one programs of exercise, fitness, led by volunteer coaches.
- KEEN LA was started in 2005, currently it has 30 average participants and serves the entire Los Angeles area.
- Sessions are twice a month at The Children's Institute & during the summer swim sessions are hosted at the Variety Boys & Girls Club.

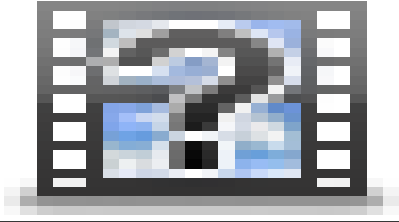
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The Need

- Children with disabilities are 38% more likely to be obese than their counterparts.
- Among some special needs groups, as many as 86% of teens are overweight or obese.
- Among youth with physical disabilities, 39% report never exercising at all. Many children with disabilities need modifications to participate in fitness activities, but do not have access to adaptive equipment or to inclusive recreational classes.
- A positive participatory sports model vs. the traditional "winner or loser" model is a critical step to improving the fitness and activity levels of children with special needs and disabilities.

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Video by Coach Jessica Moulite



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Athlete's Perspective: Nikita Wong



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Parent's Perspective: Cathay Liu



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See You Soon!

KEEN Sports (Jan-May, Sep-Dec)
1st & 3rd Saturday of every month, 11:00am-12:30pm
Children's Institute, Inc., Echo Park
2121 West Temple Street, Los Angeles

KEEN Swim (Jun-Aug only)
2nd and 4th Saturday of every month
Youth (5-12) : 10:30-11:30am, Teens (13+): 11:30-12:30pm
Variety Boys & Girls Club, Boyle Heights
2530 Cincinnati Street, Los Angeles

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Resources

- www.keenusa.org
- www.nchpad.org- Nation Center on Health, Physical Activity & Disability
- <http://achievingindependence.com/educational-videos/>- educational videos for individuals with disabilities
- www.steveettinger.com - fitness expert, speaker and children's book author of "Wallie Exercises"

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Contact Us

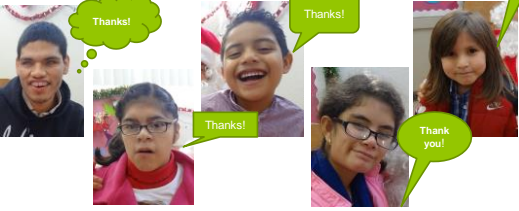
Website: www.keenlosangeles.org

Email: info@keenlosangeles.org

Phone: 213-267-1777

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Thank You from KEEN LA!



The collage features five individuals: a young man on the top left, a young girl in the top middle, a young girl in the bottom left, a young girl in the bottom middle, and a young woman on the top right. Each person is accompanied by a green speech bubble containing the text 'Thanks!' or 'Thank you!'.
