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.

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.
Video by Coach Jessica Moulite

Athlete’s Perspective: Nikita Wong

Los Angeles

Video by Coach Jessica Moulite

Athlete’s Perspective: Nikita Wong

Los Angeles
Parent’s Perspective: Cathay Liu

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

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
Contact Us
Website: www.keenlosangeles.org
Email: info@keenlosangeles.org
Phone: 213-267-1777

Thank You from KEEN LA!

Thank you!
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