

LIVING THE MISSION

Lift For Life Gym has been providing inner-city youth with positive alternatives to drug abuse, violence, and gang involvement



since 1988. Lift For Life Gym has changed from a grassroots movement helping a handful of neighborhood

children to a comprehensive agency serving hundreds of disadvantaged youth throughout St. Louis each year. Today the Gym annually provides athletic, social, recreational and educational activities for over 400 children at NO COST to the children or their families.

- More than 91% of the children we serve fall below the National Poverty Level
- Over 90% live in single-parent households
- Nearly 100% live blighted urban areas
- Ninety-nine percent are African-American
- Any child who needs it, receives free transportation.

Marshall Cohen, Executive Director & Founder
Linda Mosby, Gym Director

ADMINISTRATIVE OFFICE

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liftforlife.org

MISSION

Lift For Life Gym offers St. Louis city children a safe, enriching environment in which to strengthen their bodies, enrich their minds, develop healthy social relationships and learn to make positive life choices.

501 (c)(3) organization
FEIN 20 8185890

ANNUAL REPORT TO THE COMMUNITY



July 1, 2009-June 30, 2010

1415 Cass Avenue, St. Louis MO 63106
314.588.8921

WHAT WE DO

Lift For Life Gym provides the following *free* athletic, social activities, nutrition and education programs after-school each day, from 3-7 p.m., to build each child's life skills and character: The Gym is open all year after school and on occasional weekends.

- **Weightlifting** – teaches the importance of working hard and setting goals.
- **Sports, fitness and exercise** - teaches self-care and sportsmanship.
- **Computer use**, instruction, and homework help - provides a quiet place to work, read, and write.
- **Social games and activities** – gives a safe place to share time with peers.
- **Evening meal** – meets a need for healthy food, a highlight for all kids!
- **Nutrition education** – teaches the importance of healthy eating, regular physical activity, and positive behavior
- **Outings** – Introduces youth to the world outside their immediate community

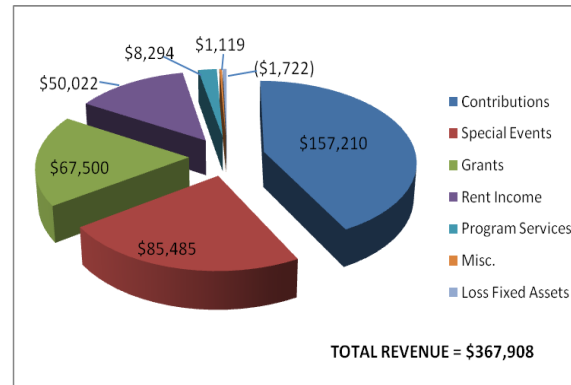
LIFE SKILLS

Lift For Life's emphasizes building self esteem and respect for self and others. Participants are rewarded with "gym dollars" for achieving goals, including good report cards. In many respects, Lift For Life becomes a home away from home for the youth we serve.

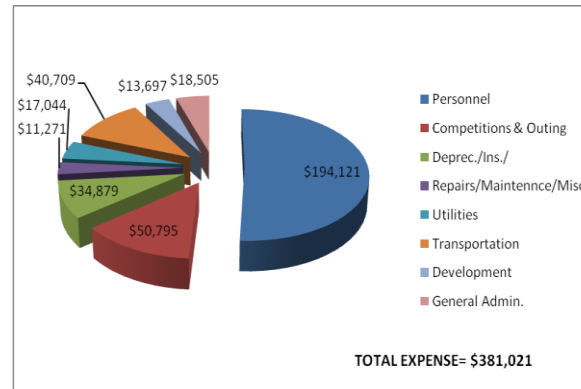
OUR SUPPORTERS

Lift For Life Gym is supported by individuals, corporations and foundations. We receive no United Way funding.

TOTAL REVENUE = \$367,908



TOTAL EXPENSE = \$381,021



Lift for Life Gym is a good steward of funds with **\$0.845** of every dollar being spent on services to at-risk youth.

"I have lots of friends at the gym. It's fun. There's always a lot to do. There's nothing to do in my neighborhood." ~Cedric

Dear Friends,

This year, the Gym continued to grow, with membership ever increasing. Thanks to the generous support of our friends in the community, we were able to help over 400 children improve their lives.

We are pleased to report that the Gym now has a basketball team that competes throughout the area and won its league championship. Several young men won weightlifting honors because of the skills they learned at the Gym and our Gym kids excel in school thanks to the personal attention and homework help they receive here.

Every evening, we served nutritious meals to our kids. Many of these kids would go to bed hungry if they had not had a healthy supper while at the Gym.

As you know, there is no better investment in the future of St. Louis than to invest in its children. Thank you for your belief in this important work.

Gratefully,

Marshall Cohen
Executive Director & Founder

