

FIT TO RECOVER

EXERCISING RECOVERY
SINCE 2014

WHO WE ARE

Fit to Recover is a nonprofit community center that guides individuals in recovery from Substance Use Disorder and Co-Occurring Mental Disorders through our 4 foundational pillars; Fitness, Creative Arts, Nutrition, and Community Service.

WHO WE SERVE

- Fit to Recover partners with 37 local treatment centers to provide private fitness, nutrition, and creative arts classes for residential and outpatient clients.
- Our daily community classes are open to the public, and serve, among others, people in recovery, youth, veterans, incarcerated, and unsheltered populations.
- We recently added youth and homeless services to our programming, and now work with the Gail Miller Resource Center, Decker Lake Youth Center, Odyssey Youth Center, and VOA Youth Shelter.

OUR PROGRAMS

• Fitness

- Daily community classes open to the public.
- Free Saturday bootcamp

• Creative Arts

- Music, Dance, Visual Art, and Writing.
- Community events like sober open night.

• Nutrition

- Educating people in recovery about the important role nutrition plays in mental wellness.
- Community cooking classes.
- Meal giveaways and food scarcity relief programs.

• Community Service

- Weekly Community Service Projects

FINANCIALS *Fiscal Year 2024

- **Income from Grants: \$461,580**
- **Program Revenue: \$472,966**
- **Other Income (Private/Fundraising): \$456,132**
- **Expenses: \$1,667,384**

IMPACT

Our organization provides vital aftercare services for individuals post-treatment or post-incarceration.

- **The national average for individuals maintaining one year of sobriety post-treatment is 13%. More than 60% of people that have been members of FTR since 2020 are still sober today.**
- **Our average weekly attendance is 1,700 across all 4 pillars.**

COMMUNITY PARTNERS

Fit to Recover is proud to partner with:

- Gail Miller Resource Center
- American Express National Bank
- Nate Wade Subaru
- Adobe
- Intermountain Health
- Syla Foundation
- Sorenson Legacy Foundation
- Marriner S. Eccles Foundation
- Larry H. & Gail Miller Family Foundation
- George S. and Dolores Dore Eccles Foundation
- USARA
- Slave 2 Nothing