



Volunteer With FeelFit Foundation

Bring your time, your skills, or your heart — we have a place for all three.

There's a moment on nearly every FeelFit hike when someone who almost didn't come says they're glad they did. Our volunteers create that moment, week after week, for people building a healthier life, regardless of their ability or where they started. We'd like you to help create the next one.

Who We Are

FeelFit Foundation cares about people's physical and mental health, regardless of ability or socioeconomic background. We help youth and adults build confidence, wellness, and essential life skills, in safe, inclusive spaces that build stronger, healthier communities.

Two Ways to Get Involved

On the Field

- Lead or support running events, hikes, trail-building days, tree plantings, and park, trail, and water cleanups
- Help run the roughly two community events we organize every month
- No experience required — training is provided for every role
- Work directly alongside FeelFitters, building their confidence and health in person

Behind the Platform

- Build and improve the FeelFit Studios app across iOS, Android, and the backend that powers it
- Design the algorithms that turn telemetry, like steps, heart rate, nutrition, stress, and sleep, into real coaching guidance
- Work in data analytics to help coaches and our AI therapy program serve FeelFitters better
- Contribute to the systems behind our virtual coaching and mental health support

Why Volunteers Choose FeelFit

We've grown almost entirely by word of mouth, one volunteer telling a friend what this work is like. We started with a pilot of about a thousand FeelFitters, and we're building toward hundreds of millions worldwide, backed by tens of thousands of coaches and volunteers. Whichever track you choose, the work you do here is work you can watch change lives, either in front of you on a trail, or in the code and data behind the app.

How to Join

- Visit feelfitfoundation.org/volunteer and tell us a bit about yourself
- Get matched to a track, field or technology, based on your interests and skills
- Join an orientation session to meet the team and get set up
- Sign up for your first event or your first project sprint

Whether you bring a stopwatch or a spreadsheet, a trail map or an algorithm, you belong in the FeelFit volunteer program.

Join us at feelfitfoundation.org/volunteer.