



Health and confidence for everyone, regardless of ability or socioeconomic background.

Better health shouldn't depend on where you start.

We help youth and adults build confidence, wellness, and essential life skills, in safe, inclusive spaces that build stronger, healthier communities, no matter their ability or income.

On the Ground

About twice a month, we bring people together for group runs, hikes, trail-building days, tree plantings, and park, trail, and water cleanups — open to everyone, however fit or experienced.

FeelFit Studios

Our free app turns a FeelFitter's steps, heart rate, nutrition, stress, and sleep into a personal plan built by real human coaches, plus live virtual yoga and training sessions.

Caring for the Mind

Our AI therapy program listens, and guides each FeelFitter toward their own mental health goal — and knows to bring in a human physical therapist whenever more support is needed.

“We started with a pilot of about a thousand FeelFitters. We're building toward hundreds of millions worldwide, powered by tens of thousands of volunteer coaches.”

Every coach, trainer, and therapist in the FeelFit network is a volunteer. Technology carries the data — people carry the mission.

Get involved today

Donate

Every gift funds a real person's health — a coach's time, a free app, a program built around one FeelFitter's goals.

Volunteer

Join us in the field leading events, or behind the scenes building the app, the algorithms, and the data science.



feelfitfoundation.org

Scan to donate or volunteer