



## Community Involvement

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Since our founding in 2004, AlaVie Fitness has been dedicated to sharing the benefits of physical fitness with people of all ages and abilities.

The lessons inherent in our program – teamwork, dedication, integrity, sportsmanship, confidence and self-awareness – are attributes we also seek to instill in women and girls in our communities.

To that end, we devote time and resources to a variety of nonprofit organizations that share our commitment to helping women and girls reach their goals – in fitness and in life.

### Community Involvement Highlights

AlaVie is proud to support a variety of outstanding community-based organizations and programs. Our involvement includes:

- **Partnering with the Bay Area Women's Sports Initiative (BAWSI)**, contributing fitness expertise, woman power, and funds to the BAWSI girls program for low-income 3<sup>rd</sup>-5<sup>th</sup> graders and the Salud por Vida program for low-income mothers.
- **Teaming up with San Francisco's Tall Ship Education Academy** to raise funds for the Tall Ship Semester for Girls program and train participants in the Tall Ship 3-day Women's Challenge, an adventure trip that explores ocean sailing in and beyond the San Francisco Bay.
- **Raising funds for victims of Hurricane Katrina** and donating proceeds from boot camp sessions to communities in and around New Orleans
- **Leading boot camp sessions at Lowell High School in San Francisco** to prepare students for the California Physical Fitness Test
- **Hosting camps** to benefit the Leukemia and Lymphoma Society and Girls on the Run
- **Contributing funds** to the University of Santa Clara women's athletic program and the San Jose State University women's basketball team
- **Donating 4-week boot camp sessions** to a variety of local charity auctions, including Big Brothers Big Sisters

*For more information about our community involvement, please email us at [info@alaviefitness.com](mailto:info@alaviefitness.com) or call 415-567-7411.*