

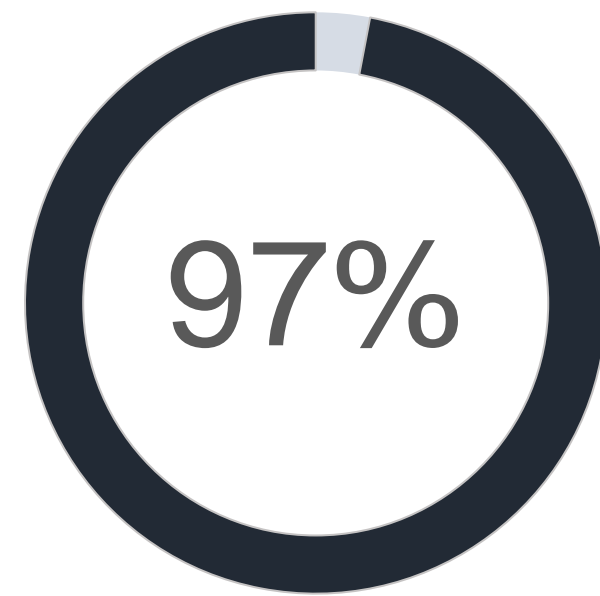
# Back on My Feet: An Overview

- **Back on My Feet (BoMF)** combats homelessness through the power of fitness, community support and essential employment and housing resources.
- **In 17 cities across the US**, we recruit individuals (whom we call “members”) at transitional housing and in-patient addiction treatment facilities across the country.
- Our program begins with a commitment to **run, jog, or walk three days a week** in the early morning alongside volunteers from the surrounding neighborhoods to build positive community and soft skills.
- After building essential skills and demonstrating commitment, members move into the **Next Steps Workforce Development** stage of our program where they create personalized goal plans and engage with workshops, mentorship opportunities, and financial assistance to break down barriers to employment.
- **Once a member gains employment and housing, they become Alumni.** Alumni continue to receive community support through our Alumni Services and are always welcome and encouraged to join BoMF activities.



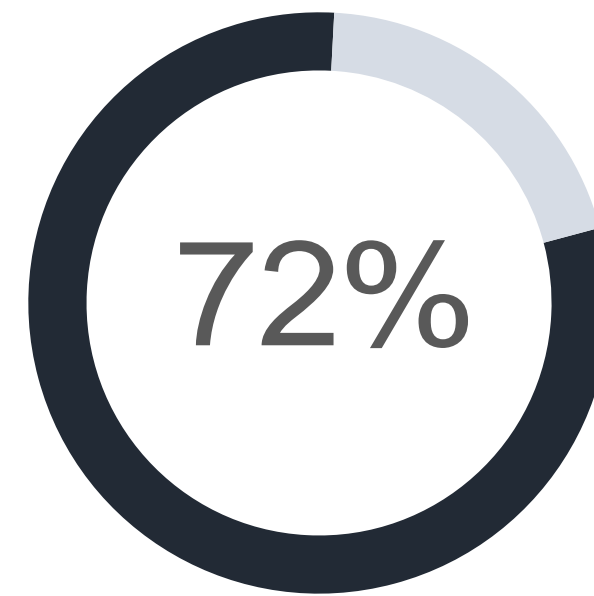


## Back on My Feet: Program Impact



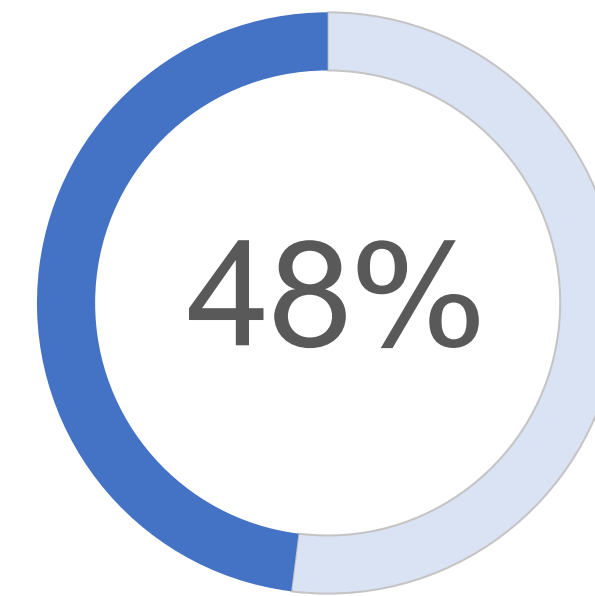
Social

Of members take a more positive attitude toward themselves



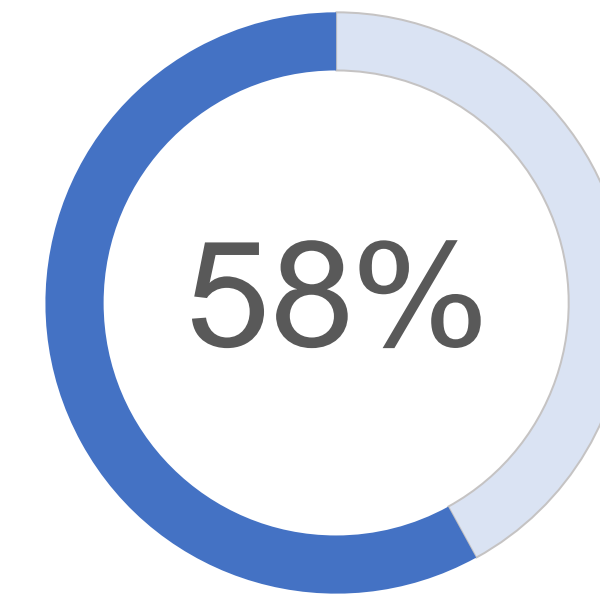
Social

Of members find their life to be more meaningful



Health

Reduction in high blood pressure



Health

Reduction in nicotine usage

- Our members have run/walked a collective 1,200,000 miles and obtained over 8,500 jobs and homes.
- On average, 83% of our members maintain employment after 15 months of being hired. 44% receive a wage increase within their first six months, and 21% are promoted.
- So far in 2022, we have welcomed **1,613 members** into our program across the U.S.
  - **916 of these members have gained meaningful employment.**
  - We are on track to reach 1,000 employed in 2022 for the first time ever.