

# TRANSFORMING HOPE INTO ACTION

Thank You for Helping Us Make a Difference in 2024

Your support fueled real change. Together, we broke barriers, expanded access to care, and empowered people with disabilities to reclaim independence and live with purpose. From fitness and mental health to advocacy, your belief in our mission made all the difference—and continues to move us forward.

Stay with us. Share our story. Keep the momentum going in 2025.



## Hope By the Numbers

Split Second Foundation provides hope to people living with disabilities through comprehensive care, resources, education, and advocacy—empowering independence and improving quality of life. In 2024, these numbers reflect the progress we made together.



**221**

Clients  
Served



**689**

Disability Community  
Support Encounters



**945**

Wellness Hours  
Provided



**6,171**

Fitness Hours  
Completed



**350**

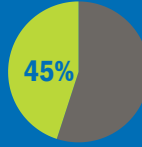
Volunteer Hours at  
Split Second  
Fitness

## Impact Highlights

### Split Second Cares Outcomes

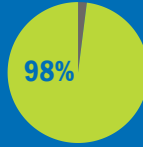


Community Members  
Improved Their  
Mental Wellness

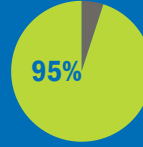


Community Members  
Received Support with  
Medical Equipment

### Mental & Emotional Health

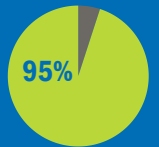


Experienced a  
Boost in Mood  
and Outlook



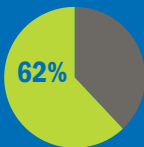
Reported  
Improved Overall  
Well-Being

### Sense of Community

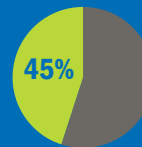


Community Members  
Found Social  
Connectiveness

### Split Second Fitness Outcomes

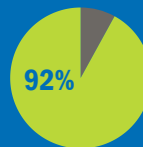


Community Members

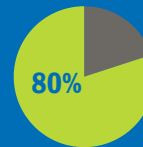


Community Members

### Body Strength & Mobility



Improved Their  
Ability to  
Function



Enhanced Their  
Physical Health



## Rebuilding With Purpose

In November 2023, 70-year-old Thomas suffered an aneurysm followed by a stroke that left him with limited movement on both sides of his body. His family struggled to find adequate care at home until they turned to Split Second Fitness—and everything changed. With the expert guidance and support our programs offered, Thomas has regained mobility, balance, and strength. His journey shows that with the right care and community, it's never too late to rebuild.

## Holding On To Hope

Darnell experienced left-side paralysis following brain surgery in 2022. After months of slow progress from traditional therapy, she sought more intensive support—leading her to Split Second Fitness in late 2023. Just six months later, she was lifting her grandson and walking through Disney World with her family. Her journey is a powerful reminder that life after paralysis can still be full of strength, movement, and joy.

## From Injury to Independence

At 20 years old, Stevie's life changed after a traumatic brain injury left him reliant on a wheelchair and his family. After discovering Split Second Fitness, he and his dad made weekly trips from Bay St. Louis to New Orleans. Through the adaptive training he received, Stevie went from wheelchair-bound to walking on his own—reclaiming everyday moments like taking out the trash for his mom.

## Redefining What's Possible

Diagnosed with transverse myelitis just before college graduation, Giovanni lost much of his mobility and his confidence. Isolated and struggling, he found new strength through Split Second Cares and our adaptive Fitness programs. Finding the support he needed, Giovanni regained his independence, returned to school, started traveling again, and recently took the LSAT. Now headed to law school, he's proof that with the right support, anything is possible.

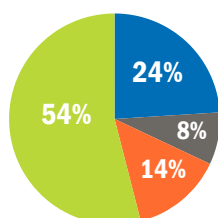


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Scan the QR code to learn more  
about Split Second Foundation

## Turning Generosity Into Action



### Funding Breakdown: \$2,00,000

- Community Support through Philanthropy
- Local, State, and Federal Funding
- Fundraising Events
- Fitness Program Revenue

Thanks to you, we're building a more inclusive future. Together, we'll keep delivering hope, care, and opportunity to those we serve.