

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

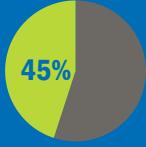
Volunteer Hours at Split Second Fitness

Impact Highlights

Split Second Cares Outcomes



Community Members Improved Their Mental Wellness



Community Members Received Support with Medical Equipment

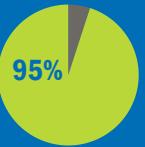
Mental & Emotional Health



Experienced a Boost in Mood and Outlook

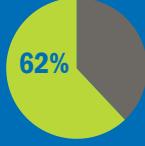


Reported Improved Overall Well-Being

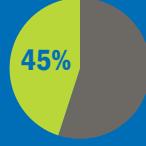


Community Members Found Social Connectiveness

Split Second Fitness Outcomes

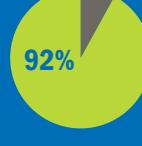


Community Members



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 adaptative 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.



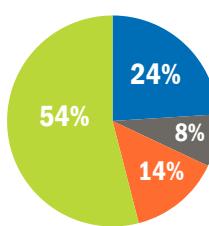
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Scan the QR code to learn more about Split Second Foundation

Turning Generosity Into Action



Funding Breakdown: \$2,00,000

- Community Support through Philanthropy (blue)
- Local, State, and Federal Funding (green)
- Fundraising Events (orange)
- Fitness Program Revenue (dark blue)

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