



# EVERY BODY ATHLETICS

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2022 ANNUAL  
REPORT

# OUR MISSION

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To make a **lasting impact** on the **physical, social, and emotional** wellbeing of adults with intellectual and developmental disabilities (ID/DD) through **inclusive** group exercise.



# THE NEED

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**60%** of adults with ID/DD are overweight or obese and over **2x** as likely as those without disabilities to have basic physical activity needs unmet.

Adults with ID/DD are more likely to lead sedentary lifestyles, and **7x** more likely to report inadequate social and emotional support.

**70%** of adults with ID/DD are still living in their childhood home, with limited physical and social-emotional opportunity amongst peers.

# THE APPROACH

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Designed by staff with degrees in Special Education (Master's), Occupational Therapy (Doctoral), and certifications in Special Populations Personal Training, the weekly classes provided by **Every Body Athletics** focus on specialized, adaptive exercises for adults with ID/DD while inserting time for social practice along the way. Each class includes:

- Six to twelve adults with ID/DD, and a 1:1-2 ratio of teammates without disabilities working out alongside them and providing support and encouragement along the way
- An array of conversation starter questions and prompts that athletes and teammates must work through together before each exercise
- Additional curriculum to supplement classes, including "EBA At Home" workout videos and "EBA Health and Wellness" readings and activities
- An **innovative** and inclusive way to look at health, ensuring that physical, social, and emotional fitness is accessible for people of all abilities



# FROM THE EXECUTIVE DIRECTOR

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We celebrated Every Body Athletics' 5th birthday in 2022, and I'm proud to say that it was EBA's biggest and most impactful year of our existence. Through the enthusiastic support of our generous supporters, we spent the past year greatly expanding our organizational capacity and overall reach in the disability community. Some of our 2022 highlights include:

- Hiring a full-time Program Manager. We brought ● **Paige Yaw** aboard in April, and she immediately took charge leading a bulk of our 16 weekly classes, designing and implementing weekly programming, and assisting in the expansion of program offerings. Paige holds a doctorate in occupational therapy, and her level of expertise and commitment to the mission have already paid huge dividends to the capabilities and overall trajectory of our organization.
- Expanding our class offerings. We started new partnerships with a few different local parks and recreation departments, and now hold classes in Portland, Beaverton, Hillsboro, Tigard, Lake Oswego, West Linn, and on Zoom. We also started EBA Plus, consisting of additional specialty classes such as Zumba, yoga, barre, and even a cooking class! These courses are taught by some amazing guest instructors who volunteer their time to share their expertise with our adults with disabilities, but it has been clear from the start that they are getting just as much out of it all as our athletes are.
- More locations and class offerings means more people being served, as we saw over 350 athletes with disabilities and teammates without disabilities walk through our doors in 2022. That's a lot of physical, social, and emotional strengthening right there!



The need to step into the gap in services that exists for adults with intellectual/developmental disabilities and curb the physical and social regression that can result is significant, but what has turned out to be even more significant is the drive and determination of EBA supporters to make it all happen. Our organization's ability to provide these much-needed services in 2022 was only made possible by the athletes, teammates, donors, and other meaningful partners that make up the EBA Family, and this steadfast support has given us license to dream even bigger and bolder in the years to come. I'm grateful for our work together this past year, excited for what's to come, and so thankful that you're a part of the EBA Family!

● **Brad Franklin**  
Executive Director



# IMPACT

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125+

adults with disabilities participating in class every week



150+

Teammates without disabilities building meaningful relationships with athletes

7

EBA Locations: Portland, Tigard, Hillsboro, Beaverton, Lake Oswego, and West Linn and ©Zoom



13

schools involved, with many of them hosting a monthly "EBA Club" to create future disability advocates

100%

of EBA athletes who show improvements in at least 1 area of fitness through our quarterly fitness tests, with 30% of athletes showing improvement in all 8 areas of fitness



83%

of EBA athletes' social/emotional goals exceeded through participation in EBA, with the remaining 17% meeting their social/emotional goals, per parent report

12

states represented through EBA Online and EBA+



# IMPACT

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“EBA helps me choose to be **healthier**, and helps me feel **stronger** every day. And not just strong with my body... strong with the way that I talk to others and the way that I make **friends** with others too!”

- EBA ATHLETE



“This is such a **fun** and welcoming **community** at EBA. This is a place where I’m building **lasting relationships**, and it’s filled with people who have probably helped me more than I’ve helped them.”

- EBA TEAMMATE



“EBA is filling such an **important** need for adults with disabilities that hasn’t been met before. Not only that, it’s doing it in a fun and **supportive** way that my daughter absolutely loves!”

- EBA PARENT

# FINANCIALS: REVENUE

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**\$196,733**

DONATIONS

**\$104,000**

GRANTS

**\$48,264**

EVENT  
FUNDRAISING

**\$27,827**

ATHLETE  
REGISTRATION

**\$376,824** TOTAL

## What'd we do with it?

Here are some highlights:

- We hired a new Program Manager. This new full-time position has greatly expanded our capacity, as we saw **over 350 athletes and teammates** walk through our doors in 2022!
- We opened up brand EBA new classes and locations! EBA now runs **16 classes a week in seven different locations** and on Zoom, and also holds special monthly EBA+ classes online.
- A grant from the **Oregon Community Foundation** helped kickstart production of the EBA App. Now in development, the EBA App will make adaptive physical and social exercises accessible to everybody with a screen!
- We were recipients of the **Deacon Charitable Foundation People's Choice Award**, a grant voted on by employees of the organization. This funding was crucial in purchasing new exercise equipment to accommodate our expanded class offerings.





# FINANCIALS: GOLFERS FOR EBA EVENT

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Every Body Athletics hosted its first annual "Golfers Fore EBA" this summer, a golf, dinner, and auction fundraiser benefitting the organization and its athletes and teammates. Supporters of EBA and the disability community came out in droves to participate, and brand new people were introduced to the important services that EBA provides. It was an incredibly special day for the EBA Family!

**\$71,150** TOTAL REVENUE

**\$22,886** TOTAL EXPENSES

**\$48,264** TOTAL RAISED



# FINANCIALS: EXPENSES

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**83%** PROGRAM  
\$191,515

**9%** ADMINISTRATIVE  
\$21,139

**8%** FUNDRAISING  
\$19,065

**\$231,719** TOTAL  
EXPENSES





# BOARD OF DIRECTORS

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**Ron Clark** is an attorney with the Portland, OR law firm of Bullivant Houser Bailey, where he has practiced for 33 years. He lives in Beaverton, OR with his wife Kathy, and near their four grandchildren. Ron serves as our Board Chair.

**Ellen Foley** worked for Nike, Inc. for 25 years before recently retiring as VP, Global HR Business Partner. She has spent the past four years providing consultation for Nike in support of their various global change initiatives. Prior to Nike, she spent 15 years working for the office of the Governor of Oregon and the Oregon State Legislature. She enjoys tennis, golf, and her family. Ellen serves as our Board Secretary.

**Lisa Johnson** is a licensed CPA in the State of Oregon. She spent nearly 17 years at not-for-profit Regence BlueCross BlueShield of Oregon, ending her time there as VP, CFO, and Treasurer. She now works for Kaiser Permanente Northwest Region, another not-for-profit medical provider, and serves as the Director of Accounting Services. She enjoys hiking, running, travel, and spending time with her husband, children, grandchildren, and pug. Lisa serves as our Board Treasurer.

**Randy Smith** has nearly 40 years of executive leadership and project management experience in building engineering and construction. Prior to retirement, he served as the president of CH2M Hill's global, industrial design and construction group that generated half a billion dollars in annual revenue. He and his wife, Janet, have lived in Oregon most of their lives. Their three sons and their families (including six grandkids!) all live in the Portland area.

**Aaron Barnett** is a Senior Director in the apparel division of Nike, Inc. Over his 26-year career with the brand he has held multiple leadership roles in product creation, manufacturing, merchandising, and general management. His interest in international relations has led him to various living experiences abroad in Europe, Asia, and Latin America. Outside of work he enjoys spending time with his wife, Julie and their three children.

**Brad Franklin** founded Every Body Athletics in 2017. He has a Master's in Special Education and an extensive history working with people with disabilities. Brad and his wife, Sara, have a five-year-old boy (Henry Sam) and baby girl (Mia). Brad serves as our Executive Director.



**Everybody** IS AN ATHLETE.

**Every** PART OF THE **body** NEEDS  
STRENGTHENING - PHYSICAL, SOCIAL,  
AND EMOTIONAL.

WE ALL BENEFIT WHEN **everybody**  
IS INCLUDED.

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**EVERY BODY**  
**ATHLETICS**