

The Impact of Your Donations

PK Move began as a grassroots effort founded by three women who saw the potential of parkour as a falls prevention program for older adults. Realizing the transformative power of parkour could help many other special needs groups, PK Move responded and our team grew as did the number of people we serve. For the past four years, people of all ages and abilities have access to a variety of innovative fitness programs in our community. PK Move relies on the generosity of our supporters to make these services successful.

PK Silver™

Your support has allowed us to reach the following milestones with our senior fitness and falls prevention program for older adults, PK Silver:

- Our flagship program is a response to the national falls crisis.
- Found to be “safe and beneficial” in an IRB-controlled study by Marymount University in 2018. *This was the first parallel, direct study done in any parkour program in the world.* The PK Silver study was presented at ACSM’s 2019 World Summit.

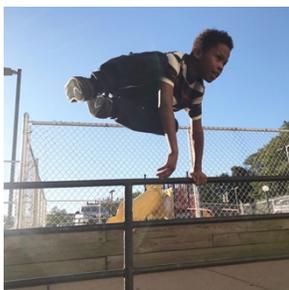


Now offered in both of Alexandria’s Senior Centers, and Goodwin House, PK Silver is finally available for licensing in senior centers. Let’s keep more seniors living independent, healthy lives.

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PK4Kids

One of the greatest things about parkour is that it fits nicely within a broader framework of any culture, and is accessible to all ages and abilities. While PK Move was not founded with the intent to offer kids’ parkour classes, we found children and teens who benefit greatly from parkour training, but many are underserved, such as Title I school students, those with learning differences, emotional disturbance, & physical challenges. We are able to run these classes thanks to community partners and volunteers. Our classes go beyond fitness, to instill confidence, build community, and unleash creativity.



“When I run the obstacle course and do vaults, I feel proud of myself.”

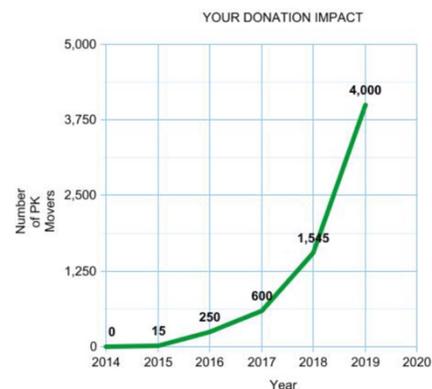
Survivor

Our intergenerational parkour class for cancer survivors and their families has been endorsed by INOVA hospital’s “Life with Cancer” as a post-rehab recreational fitness program. You can find Survivor at Cancer Prevention & awareness fundraisers, health fairs, and other events.

PK Move Pop-Up Parkour Playground

This innovative, mobile obstacle course is offered in partnership with Alexandria City RPCA through a community matching fund. Free-to-the-public lessons are offered throughout the year. PK Move is a community partnership; it could not operate without those who share their time and money so that those among us with special needs have an opportunity to lead healthy, happy lives.

“Many thanks for your support of our important work. The saying goes: ‘True wealth is good health’ and as always, we count on you to help us keep equal access to fitness and well-being for those in our community who need special programming .” - Co-Founder and Board President, Nancy Lorentz.



The links below provide information about how you can join the PK Move Team of volunteers, coaches, donors, and supporters who have made our organization a healthy model of community compassion.

Thank you for your support in continuing to build our organization into a place of possibility for those who have little or no opportunities for play.

How Can You Help?

- Sign up to [Volunteer](#)
- [Sponsor](#) an Event
- Make a [donation](#)
- Our [Wish List](#)
- Visit our website www.pkmove.org
- Follow us on [Facebook](#) [Instagram](#)

