

The Movement Foundation Launches Teaching Grant for Fitness Instructors in Philadelphia



Philadelphia, Pennsylvania May 10, 2022 ([Issuewire.com](https://www.issuewire.com)) - Philadelphia-based non-profit, The Movement Foundation, has announced the launch of a new grant for fitness instructors in the Philadelphia Metropolitan area.

Movement is an important aspect of well-being that improves physical, mental, and emotional health. But not everyone has the necessary environment or resources to incorporate physical activity into their life.

The Movement Foundation, a new non-profit serving the Philadelphia area, was established with the purpose of making the movement more accessible for everyone. The organization's new teaching grant is designed to support the start of new classes or the continuation of existing classes to serve communities in need of more accessible and inclusive movement activities and spaces. The grant is open to movement instructors with a minimum of four months of experience teaching group classes. Grant recipients are awarded \$500 and receive mentorship from The Movement Foundation Professional Community. Grantees must offer an upcoming or existing movement-based class that focuses on and supports a community in need of a more accessible and inclusive movement. This can include communities connected by race, religion, gender identity, culture, language, body size,

disability, income, or life experience.

President of The Movement Foundation, Dana Auriemma shared her passion for the new teaching grant. When asked about the motivation for offering the grant, she explained: *“Many people in our communities don’t have access to spaces or activities where they can safely and comfortably exercise. Location, cost, and inclusivity are big factors, especially when it comes to group classes. As instructors, our board members saw this first-hand and wanted to create more classes across Philadelphia that were accessible and supportive to the communities that need them. There are a lot of benefits to group classes, and everyone deserves to experience them. With this grant, we expect to create over a dozen new classes to support these communities in just the first year. And we look forward to increasing our impact each year after.”*

Applications for the teaching grant will open on June 1, 2022, and close on June 30th. Thereafter, applications are accepted and awarded every other month. For further information about the teaching grant or to submit an application, visit: <https://www.themvmtfoundation.org>.

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