Therrian Fontenot Explores Community Involvement Through Help2Others

Former professional football player takes an interest in charitable work while continuing to build a life centered on fitness, recreation, and community connections.



Tampa, Florida Nov 22, 2026 (Issuewire.com**)** - Therrian Fontenot, a former professional football player and Fresno State athlete, is exploring new opportunities for community involvement through Help2Others, a charitable organization in its early stages of development.

The effort marks a new area of interest for Fontenot, whose earlier years were largely dedicated to competitive athletics. After growing up in Louisiana and Los Angeles, California, he earned a full football scholarship to Fresno State before leaving college early to pursue a career in the NFL.

Now based in Tampa, Florida, Fontenot is interested in applying his time and energy to activities outside professional sports, including recreational fitness, golf, and charitable involvement.

Exploring Opportunities to Give Back

Fontenot's interest in Help2Others comes as he considers ways to become more involved in efforts that benefit others.

Although the organization is still in its early stages, its development represents an opportunity to explore how community involvement can grow from individual interests into meaningful activities.

For Fontenot, whose own opportunities included attending college on a full athletic scholarship, the importance of access and support is a familiar theme.

His experience also offers perspective on the role that organized programs and supportive environments can play in helping young people pursue their interests.

Rather than announcing specific programs or initiatives before they're established, Fontenot is approaching this new area of involvement as an opportunity to learn more about community needs and ways to contribute.

A Background Shaped by Competitive Athletics

Born in Louisiana in 1981, Fontenot moved to Los Angeles, where he attended Leuzinger High School and graduated in 2000.

During high school, his abilities on the football field helped him secure a full athletic scholarship to Fresno State. He continued competing at the college level before deciding to pursue professional football.

That decision led him toward the NFL, although his professional career was relatively brief.

His years in competitive athletics remain an important part of his background, particularly the experience of moving through different levels of competition and adapting to new environments.

Today, Fontenot continues to maintain an active lifestyle through regular workouts, weightlifting, and golf. These interests allow him to remain involved in physical activity outside the structure of organized professional sports.

Finding New Ways to Participate in the Community

The early development of Help2Others also reflects a broader interest in how people can contribute to their communities outside their professional careers.

Charitable involvement can take many forms, including volunteering, supporting existing organizations, organizing local activities, and helping connect people with useful resources.

For individuals beginning to explore this work, identifying specific community needs and understanding how established organizations operate can be important first steps.

Fontenot's involvement with Help2Others is still developing, and no formal programs, partnerships, or launch dates have been announced.

As he explores this new interest, his focus remains on finding practical ways to participate while continuing to enjoy the recreational activities that have become part of his life in Tampa.

About Therrian Fontenot

Therrian Fontenot is a former professional football player based in Tampa, Florida. Born in Louisiana, he later moved to Los Angeles, where he attended Leuzinger High School before earning a full football scholarship to Fresno State. He left college early to pursue a career in the NFL. Today, his interests include golf, weightlifting, physical fitness, and emerging charitable involvement through Help2Others.

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