



KEEN USA
1900 K Street NW
Washington, DC 20006

FOR IMMEDIATE RELEASE

CONTACT: Kate Hurson, Executive Director, 301-717-0276, katehurson@KEENusa.Org

KEEN USA Partners with Medical Fitness Network To Support Families with Disabilities

(November 21, 2016) Washington, DC – KEEN USA (KEEN) has partnered with the Medical Fitness Network (MFN) –a free national online resource directory to locate fitness, wellness and allied healthcare professionals who provide services for those with medical conditions, chronic disease or women's health issues.

An overall wellness plan of healthy living is critical for children and young adults with or without disabilities. Physical activity can benefit children, especially with Autism, in unique ways. A growing list of studies show over half of children with Autism are at risk of being overweight, or are overweight. It is important to have a strong support system for these families. The community services that the Medical Fitness Network provides allow families to build the best team of fitness and wellness professionals to help their child's well being.

"Our partnership with MFN will help provide parents and caregivers with the ability to find fitness and allied healthcare providers that best meet their needs. This brings a holistic approach to caring for these children and young adults to the forefront." said Kate Hurson, Executive Director of KEEN USA.

"The MFN strives to improve the quality of life for those with disabilities by providing useful resources to assist them along with a registry of fitness and wellness professionals that services to assist them," said MFN founder Lisa Dougherty. "We are also excited to help create awareness about their community programs & events."

KEEN provides physical activity opportunities for one of the hardest to serve populations of cognitively and physically disabled children and young adults in our communities. For many of its "athlete" participants, KEEN is the often only organization that can accommodate their special needs.

The benefits of KEEN are three-fold: KEEN's programs provide athletes with exercise and physical activity; parents or caregivers with much needed respite; and volunteers with understanding and acceptance of differences in others, empowering them to become community volunteer leaders.

KEEN has a network of seven affiliates providing services in Chicago, Greater Washington DC/Baltimore, Los Angeles, New York, Phoenix, San Francisco, and St. Louis. KEEN will be celebrating its 25th Anniversary in 2017.

About KEEN USA (KEEN)

KEEN's mission is to empower youth with disabilities by providing free, non-competitive one-to-one programs of exercise, fitness and fun, led by volunteer coaches. KEEN fosters confidence, self-esteem and community inclusion for youth with disabilities; strengthens communities through education of volunteers; and provides families with respite and a supportive network. KEEN provides a place where children with even the most severe disabilities, including autism, cerebral palsy and Down syndrome, can participate fully and succeed in fun. For more information, visit: www.KEENusa.Org

About the Medical Fitness Network (MFN)

The Medical Fitness Network (MFN) is a free online resource directory for consumers to locate fitness & allied healthcare professionals interested in working with those with chronic disease/medical conditions, including but not limited to: Alzheimer's, Arthritis, Cancer, Diabetes, Fibromyalgia, Heart Disease, Mental Disorders, Multiple Sclerosis, Parkinson's, Pre & Postnatal Care, Respiratory Disease and Stroke. The MFN donates its services as a national database management company to medical, health organizations that do not offer resources for locating fitness & allied healthcare professionals interested in working with their populations.

www.MedicalFitnessNetwork.Org