THE DISABLED BUT NOT REALLY FOUNDATION

A BROCHURE ABOUT WHO WE ARE, WHAT WE DO AND HOW YOU CAN BE A PART OF AWESOME
“Years ago, I suffered from a spinal cord injury after being shot multiple times. A profound depression sent me to a dark place. My own experience dealing with a spinal cord injury (SCI) has motivated me to make a difference. I found myself as a single father in a wheelchair, adjusting to a completely new and difficult lifestyle. I was also dangerously overweight. But my daughter inspired me. My love for her is greater than she’ll ever know. And that love inspired me to take action, and I decided to become a good role model for her. I began a weight loss journey with a fitness and nutrition regiment. My physical and mental transformation was something that I realized had potential to help others who may be in similar situations. I wanted to help other individuals who were struggling, so I founded Disabled But Not Really. Individuals with disabilities should feel empowered to overcome any mental limits they may have — that’s the driving force of the organization. The individuals Disabled But Not Really serves are inspirational to me. They prove that barriers can be broken and the seemingly impossible is possible —

just wait until you see what’s next!
MISSION AND VISION

Our mission is to instill in those with disabilities, a physically limitless mindset that breeds courage, confidence, and competence. Our core beliefs are in promoting fitness, providing the opportunity to become productive and self-serving while gaining the knowledge necessary for a living a nutritional lifestyle.

At Disabled But Not Really, we believe that our horizon is only as far as we accept it to be. Our vision is to create an environment where anyone with a disability can find a safe place for growth. We intend to develop facilities where not only our adaptive athletes can learn, grow, and thrive, but their families, spouses, and caregivers can as well.

“People deserve to know they are more than their circumstances.” - Wes Hamilton
#HELPMEFITCHALLENGE

Most people with disabilities struggle with obesity, depression, and other health issues. Our Founder, Wes Hamilton wholeheartedly believes this program can create a stronger sense of independence for those with disabilities, which is critical when they are striving to overcome health challenges. Our past graduates are a testimony to this fact.

The #HMFC is an 8-week scholarship program that focuses on fitness and nutrition. It is a Crossfit program lead by Crossfit coaches who are trained and certified in adaptive Crossfit modalities. These coaches guide our cohorts through rigorous training, all the while inspiring them to achieve fitness at levels they never before thought possible. All #HMFC participants will gain access to the gym and group classes provided upon completion of the first eight-week challenge.

DBNR wants individuals with disabilities to gain confidence. The #helpmefitchallenge is where that seed can be planted then flourish.
DBNR leads Change KC, known as KChange, which is a collective of local entrepreneurs. Our goal is to create change in Kansas City through various acts of community service. Programs under KChange include, but aren’t limited to, homeless outreach and community clean up. If we want to see KChange in our city, we have to be willing to create it.

FB @bethekchange

programs@disabledbutnotreally.org
A bit of your time and energy can make a difference. Disabled But Not Really relies on generous volunteers to keep things running smoothly. Maybe you’re more of a behind the scenes person and want to organize our care packages for the Kchange program. Or maybe you have good clerical skills—those office duties are critical and we’d love to have your help.

Others might prefer to get out and work directly with people. A few spare hours here and there could provide cover our phones, bolstering communication with our stakeholders. We’d also love to have you represent Disabled But Not Really at community events.

If you have a knack for details or are charismatic with people, we’d love to chat about opportunities to collaborate.

Volunteer@disabledbutnotreally.org
PARTNERSHIP

Be a partner

- Fund programs and adaptive athletes scholarships
- Sponsor Disabled But Not Really’s athletes and programs.
- Collaborative partnerships

Contributing to Disabled But Not Really’s Help Me Fit Challenge program empowers future adaptive athletes to overcome their physical and mental challenges. We assist each athlete through a scholarship program, and you or your organization is capable of joining in the process of lending financial assistance. Your monetary contributions could also help us to fund additional coaches, obtain more adaptive exercise equipment, and purchase care package items for KChange. Accessibility to these resources is critical for the individuals we serve. Initiate collaborative and innovative partnerships. Is your company or organization willing to support Disabled But Not Really through fundraising events, percent nights, or discounts? Let’s initiate a partnership!

Let’s boost up each other’s brands and messages while working toward our goals. Contact us to learn more about partnership opportunities.

Partnership@disabledbutnotreally.org
Love yourself, and push past the limits that you have set mentally. You cannot allow your struggles to define who you are. You are stronger than you think

— “You are Disabled but not Really.”

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