



Kids Enjoy Exercise Now (KEEN)



KEEN is a volunteer-run, nonprofit organization headquartered in the Washington, DC area. They provide one-to-one recreational opportunities for children and young adults with mental and physical disabilities at no cost to their families and caregivers. KEEN's mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals.



A Board of Directors comprised of parents, volunteers, and members of the community oversees the operation of KEEN's affiliates, insuring that they remain true to KEEN's mission: providing free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities.

"I enjoyed working with the children each time I went back to volunteer there. I could not even tell that these children had a disability as I was doing various activities with them."

-Cheri, Rotaract Historian