



MISSION

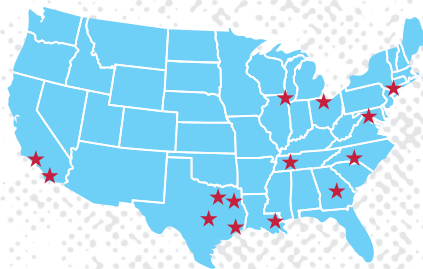
The just keep livin Foundation was started by Matthew and Camila McConaughey and is dedicated to empowering high school students by providing them with the tools to lead active lives and make healthy choices for a better future.

WHAT WE DO

The just keep livin Foundation implements after school fitness and wellness programs in 40 inner city high schools throughout the country. In our programs, we encourage students to make positive life choices that improve their physical and mental health through exercise, teamwork, gratitude, nutrition, and community service. Participating students have a safe place to enhance their lives with fitness coaches and health experts. The results have been incredible. Participants get in shape and gain confidence while also improving their grades, attendance and behavior. Friendships are built and fears are overcome. At our j.k. livin after school programs, kids learn self-reliance and get a healthy start today, so they can make a better tomorrow.

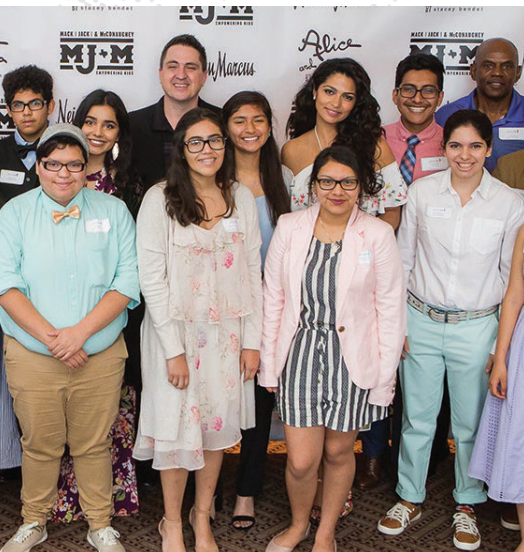
WHO WE SERVE

3,000+ students in **14** different cities



- Austin, Charlotte, Chicago, Cleveland, Dallas, East Dublin (GA), Houston, Longview (TX), Los Angeles, Nashville, New Orleans, New York, San Diego, Washington D.C.
- Our students attend Title 1 high schools serving at-risk populations





PROVEN RESULTS



93% Improve their attendance



95% Get more exercise



94% Make healthier choices



100% Stay in school



91% Improve or maintain their grades



99% Graduate from high school



94% Participate in more community service activities



99% Improve their behavior



100% Say that JKL helped them create new, positive relationships and reduce stress and anxiety

“I am grateful for the ‘firsts’ that JKL has given me — my first time camping, my first time volunteering, my first time to accomplish a race, and my first time feeling like I was achieving something in my life and being part of something big.”

– XOCHITL, ALUM
HAMILTON HIGH SCHOOL

“I am grateful for the opportunity to volunteer. As a child of immigrant parents, being able to help people like me has motivated me to take on more acts of kindness.”

– JAZMIN, STUDENT
EAST AUSTIN COLLEGE PREP

“What is JKL? It’s *conscious living*. What are you putting in your body? How is your mental health? Do you understand the benefits of exercise?

Here are some opportunities to express gratitude. The students in JKL feel the connection more than in other programs because it is led by them and focused on them.”

– MR. ANTHONY THOMAS, TEACHER
ANIMO SOUTH LOS ANGELES



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