



We are crazy about a healthier Indiana!

energy  krazed

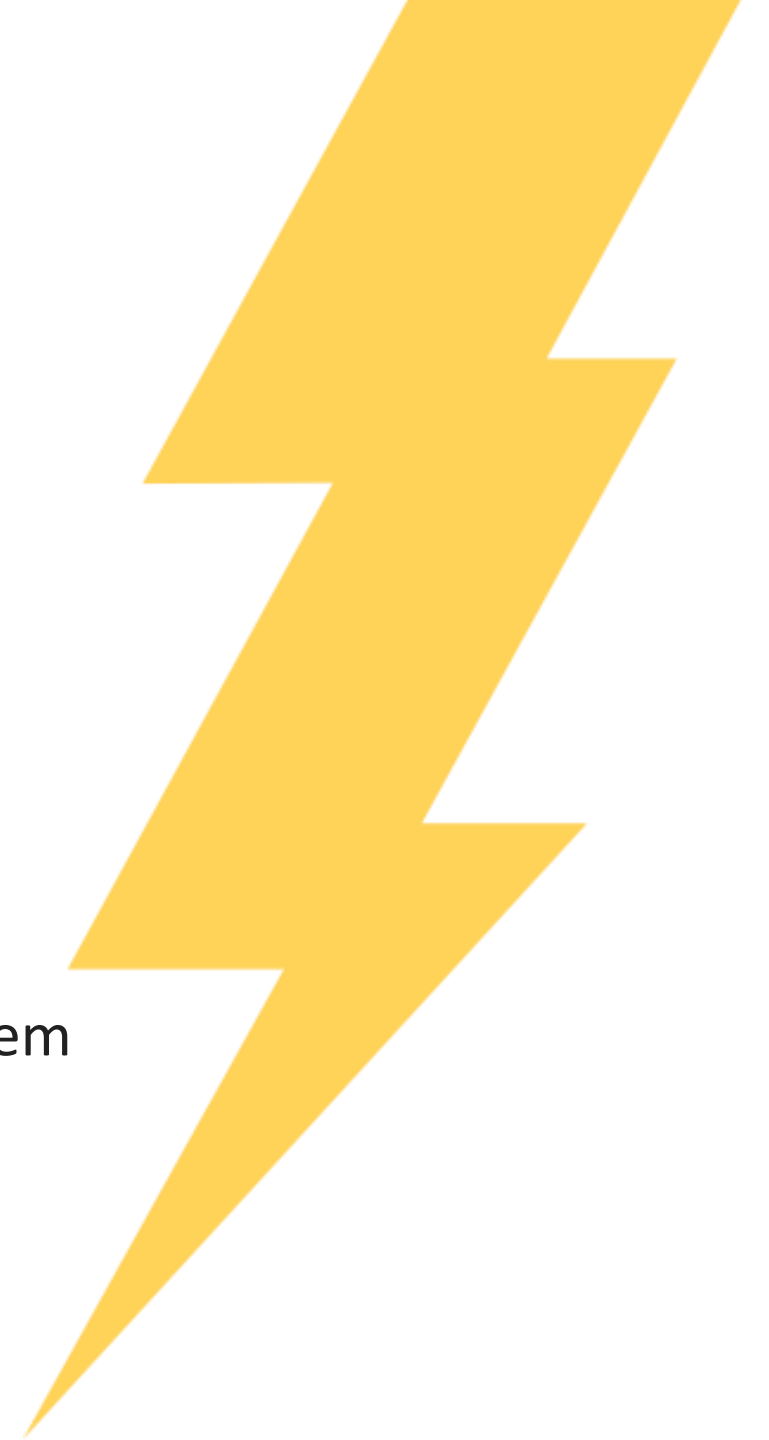
Right Mind, Right Meals,
Right Moves

Intro

- 6 Kids (Had to learn meditation early on)
- 3 Dogs
- Masters in Healthcare
- For Profit Healthcare Consulting Business – SR Advise
- Started EK 2015

EK Board of Experts

- 40+ combined healthcare experience
- Expertise in nutrition, fitness, mindfulness/meditation
- Knowledgeable in all aspects of the healthcare delivery system
- Learn about our Board Members [here](#)



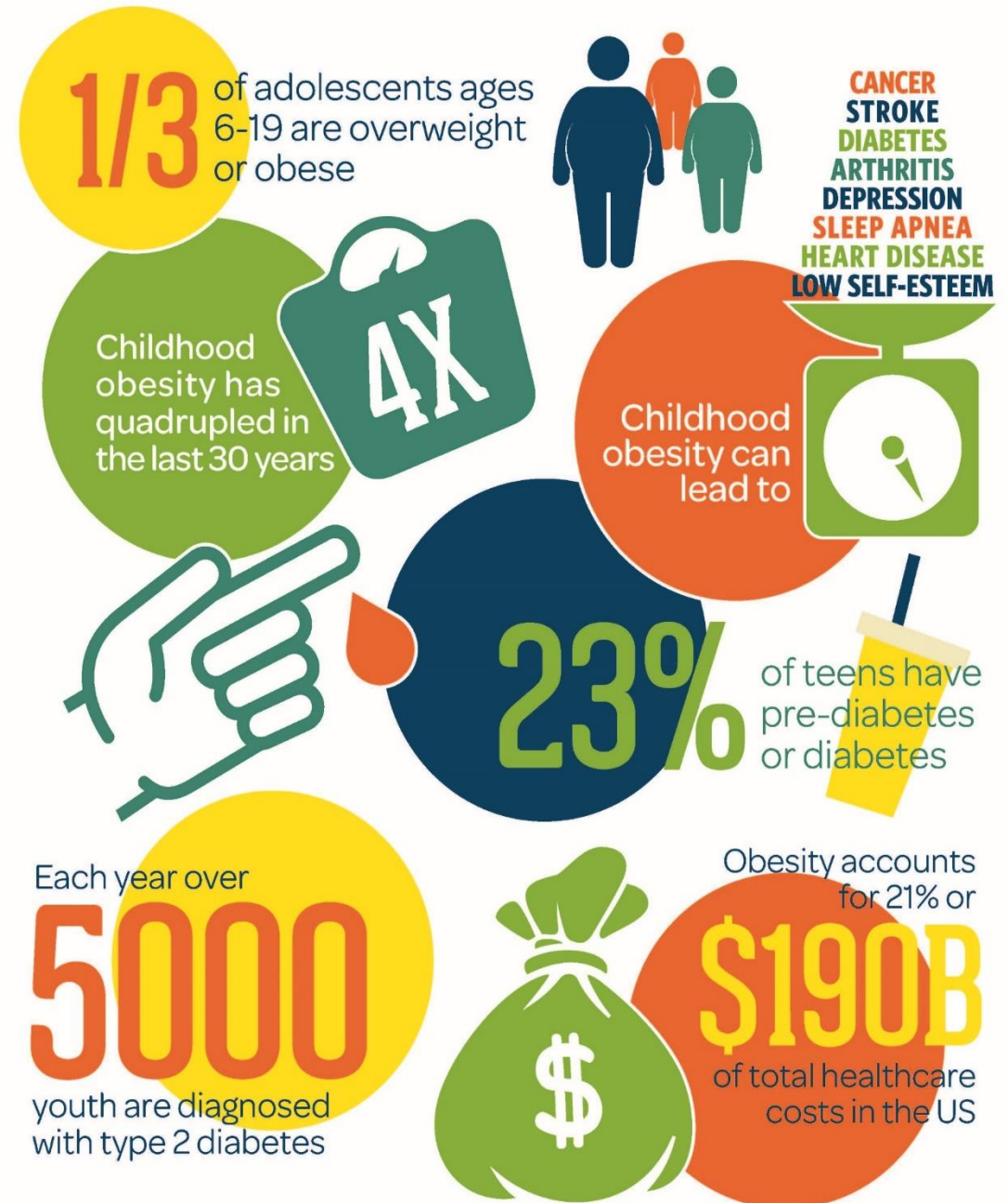
Who We Are

- Passionate Non-Profit
- Status Quo Challengers
- Peppy People - Donate Time, Money, Energy
- Like You
- Worried About Hoosier Health



Why it Matters

- Kids need support
- Epidemic - 1 of 5 related deaths
- 250,000 obese teens in Central Indiana alone
- Indiana annual obesity cost - approx \$3.5B



Right Mind, Meals, Moves Initiatives

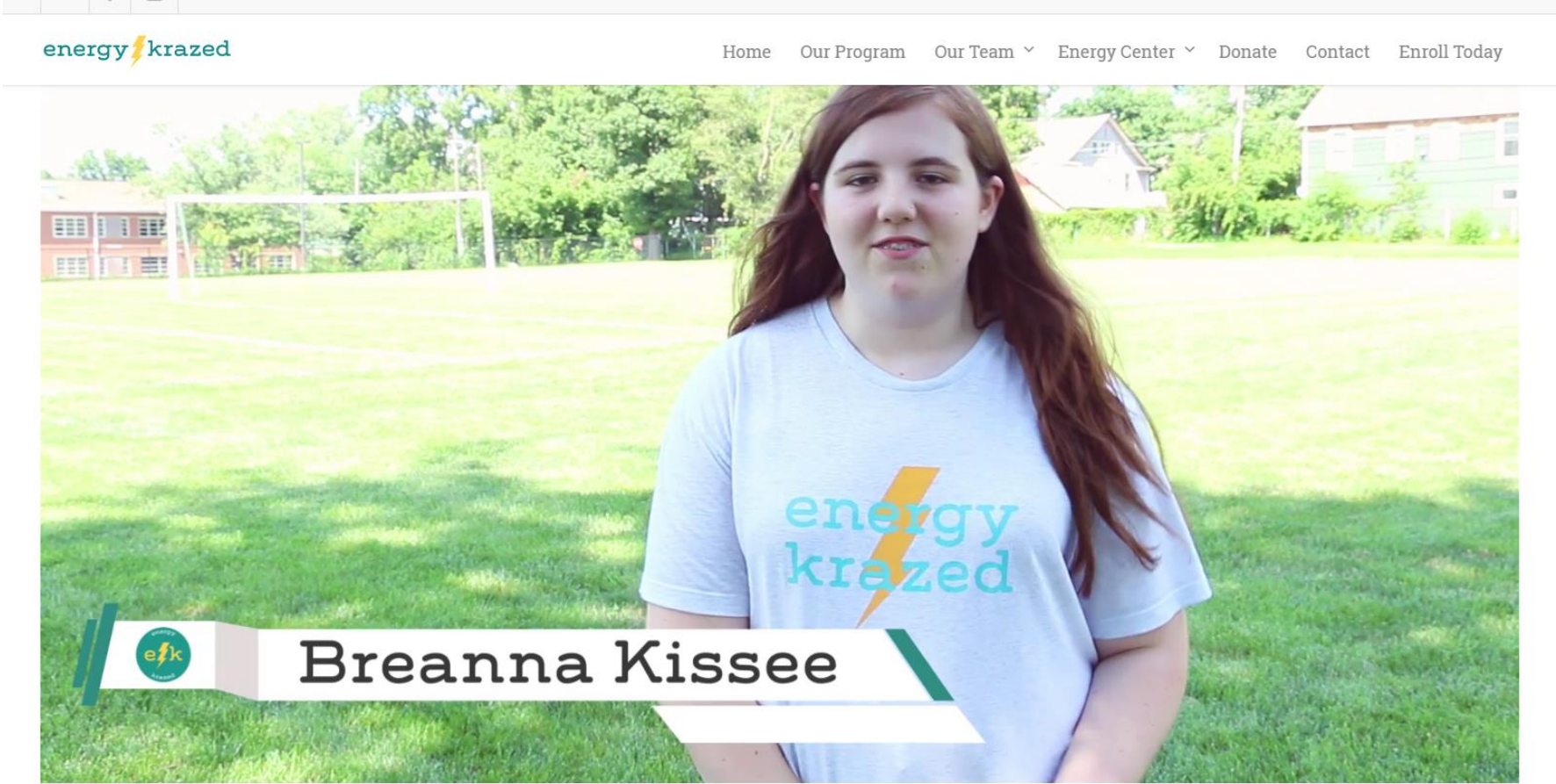


- Home Based
- School Based
- Community Based
- Wellness Portal

**Mind Changes Body –
Body Changes Mind**



Home Based – Breanna’s Story



The image is a screenshot of a website for "energykrazed". At the top left is the logo "energykrazed" with a yellow lightning bolt icon. To the right is a navigation menu with links: "Home", "Our Program", "Our Team" (with a dropdown arrow), "Energy Center" (with a dropdown arrow), "Donate", "Contact", and "Enroll Today". The main content area features a large photograph of a young woman with long brown hair, Breanna Kissee, standing on a grassy field with a soccer goal in the background. She is wearing a light blue t-shirt with the "energykrazed" logo. A white banner with a green border is overlaid at the bottom of the photo, containing a small circular logo with "efk" and the name "Breanna Kissee" in a bold, black, sans-serif font.

Stats and Non Scale Wins

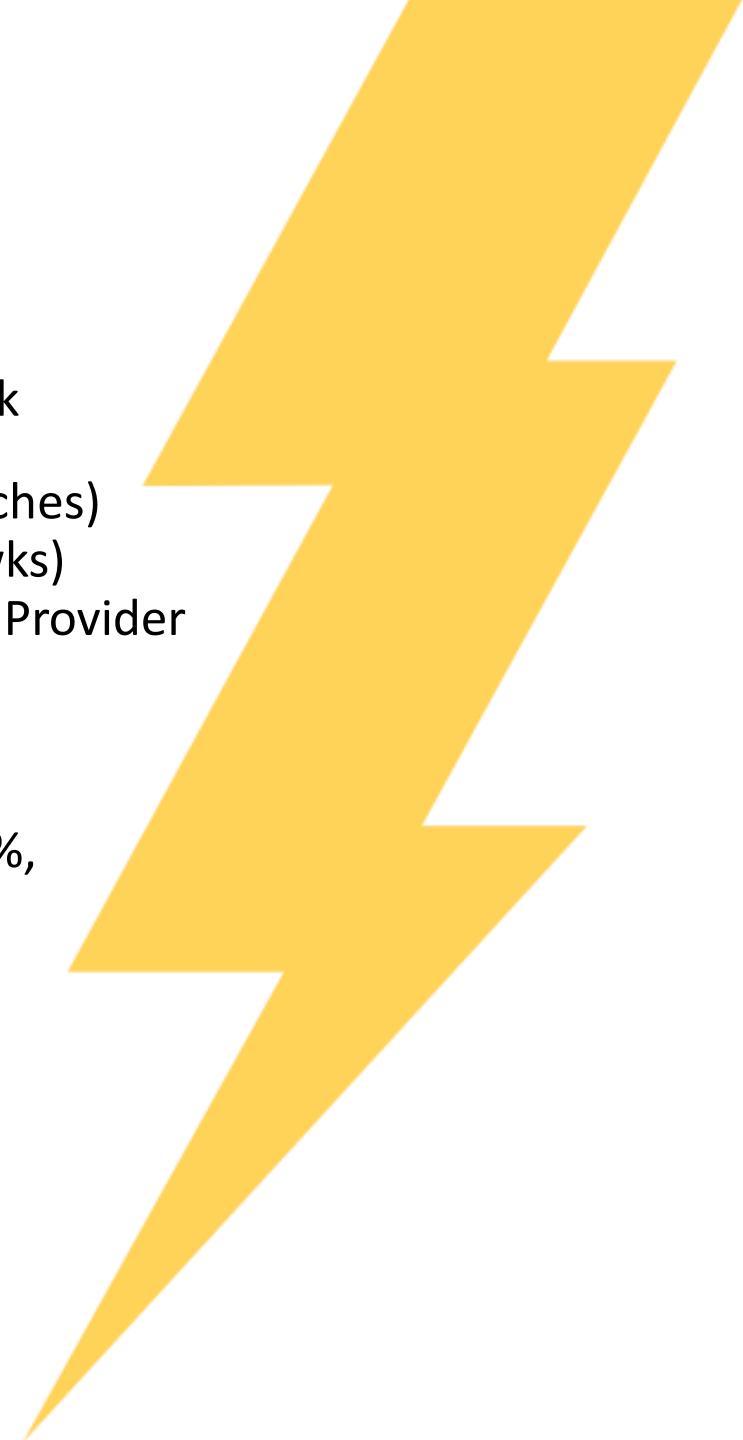
Home Based Success Examples:

- Ian is now an EK coach – total weight loss 100 pounds (35 while in 9 week program his senior year)
- Breanna and Family– Sleep Apnea Machine no longer needed (lost 15 inches)
- Alana and Family volunteer regularly for EK events (25 pounds lost in 9 wks)
- Cameron – Fasting Glucose Level from 100 (pre-diabetic) to 80 (normal). Provider praised result.

Pike After School Program- In 4th of 9 weeks:

- Largest individual weight lost (Dion) 28.8lbs, BMI dropped from 51.3 to 47.8%, of body fat has dropped from 46.7% to 44.7%.
- Total of 9 kids have had mid weigh in completed. Collectively 78lbs down.

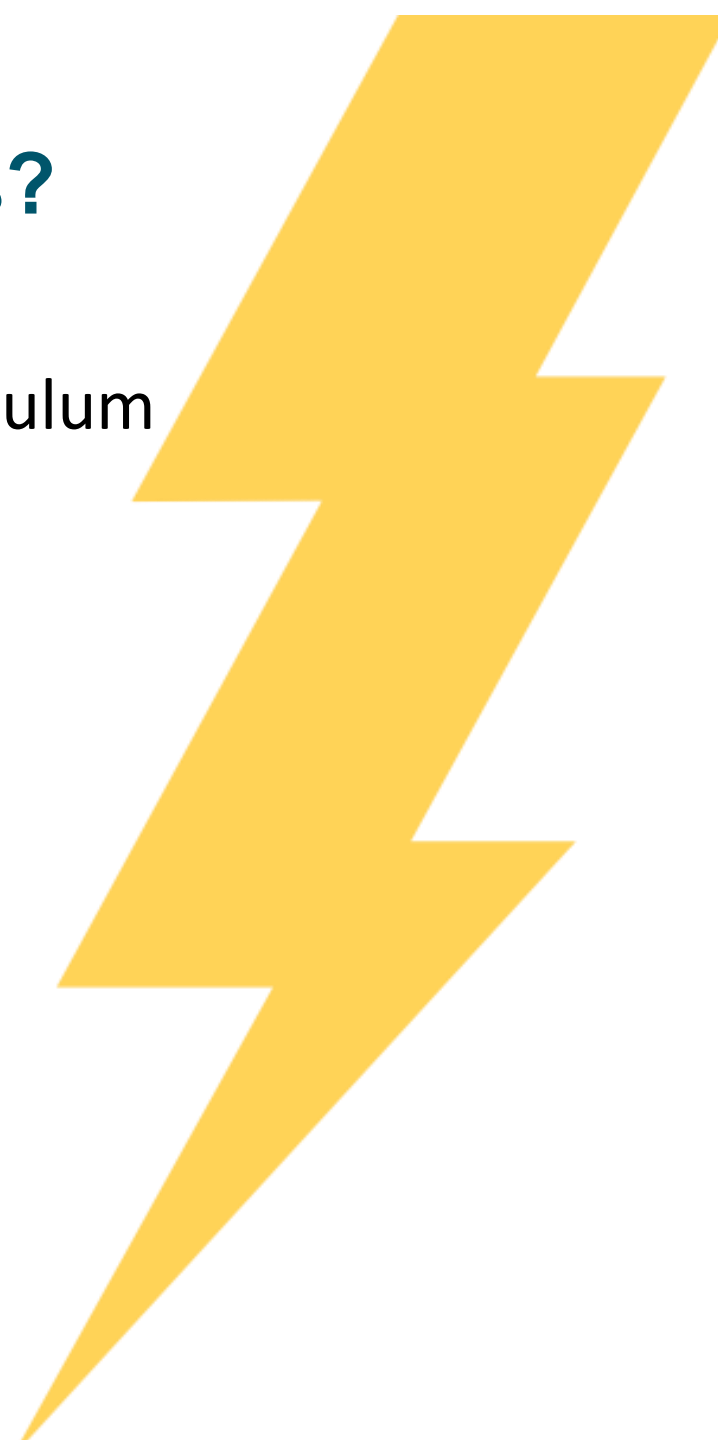
Boner Center Camp (Teen Cohen Stress Test Scores Reduced)





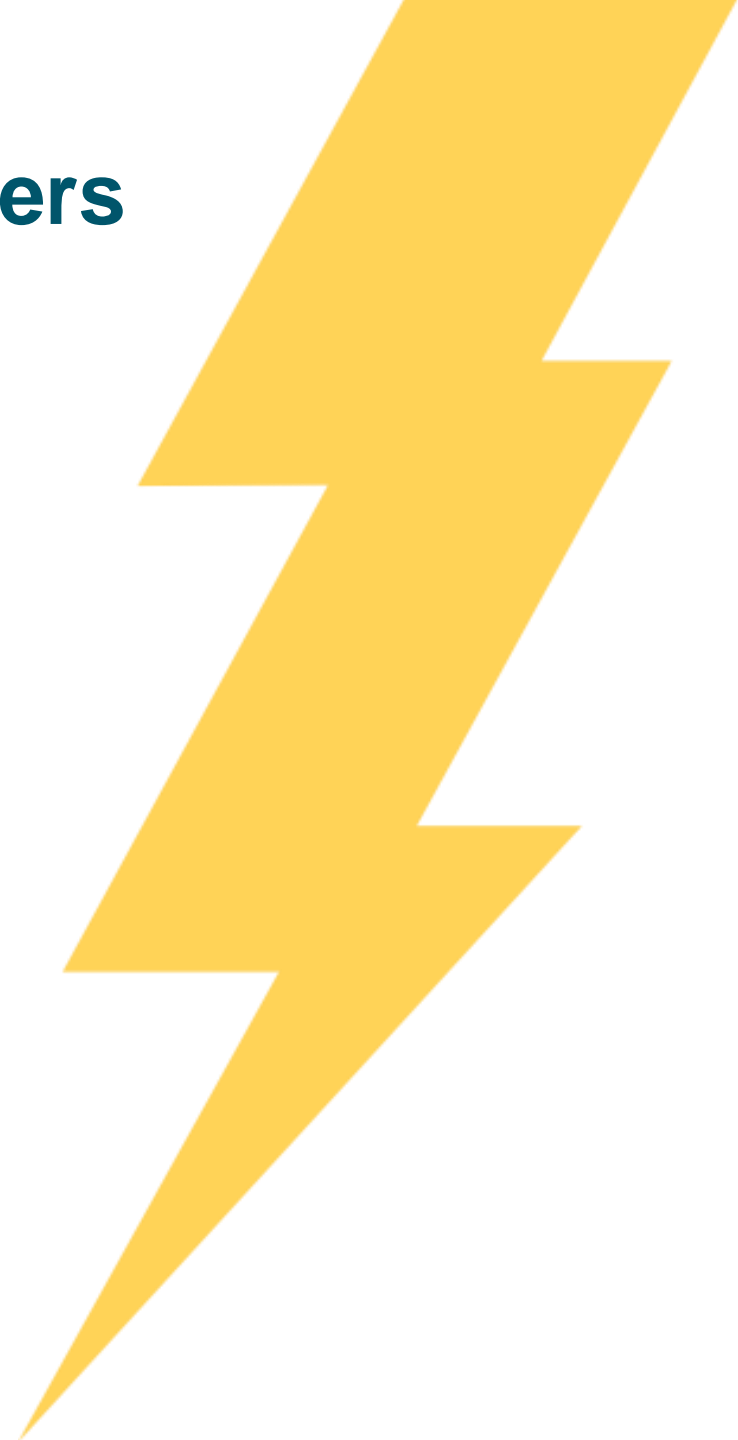
Collaboration Ideas?

- Integrated Health Curriculum
- Home Based Referrals
- Skype / Live Visits with Coaches
- Health Integration in all Subjects / Grant writing
- Partnership on Videos / Wellness Web Portal



Energy Krazed Current Partners & Supporters

- St. Vincent
- Geist Montessori
- Franklin Central
- Pike High School
- Chase Legacy Boner Center
- Arsenal Tech
- IPS
- JumpIn For Healthy Kids
- Foundation for Complex Healthcare Solutions
- Patachou Foundation
- Run 317
- Fun Races.com
- 131 Events
- 500 Festival
- Fortitude Fitness
- Equian
- Community HealthPlan
- IHWI



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