

THE FIRE NETWORK

Fire Fitness & Athletics

Community Wellness Programs for Schools & Senior Housing

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FIRE FITNESS & ATHLETICS | THE FIRE NETWORK

WHO WE ARE

Fire Fitness & Athletics is a Dallas-area wellness company led by certified fitness trainer and nutrition coach Myesha Saleem. We specialize in nutrition education, fitness programming, blood sugar management, and diabetes prevention, delivering real-world strategies that work for real people.

We partner with schools, school districts, and senior housing communities to deliver affordable, flexible wellness programming that meets compliance requirements and serves residents and students where they are.

FOR SCHOOLS: FULFILLING YOUR WELLNESS MANDATE

Texas law (Education Code §38.013–38.014) requires every K–8 school district to implement a Coordinated School Health program addressing obesity, cardiovascular disease, and Type 2 diabetes prevention. Fire Fitness & Athletics delivers programming that directly satisfies this requirement.

PROGRAM	DETAILS
Student Wellness Workshops	Age-appropriate sessions on nutrition, blood sugar basics, and movement. 6 or 8-week series.
Staff Wellness Series	4-week reset for teachers and admin: nutrition, blood sugar, movement strategies.
Parent Education Night	"What Your Kids Are Really Eating & What It's Doing to Their Bodies": family evening event.
Back-to-School Wellness Kickoff	One-day or half-day event to open the school year with energy, movement, and nutrition.

Funding sources schools can use to pay for these programs:

- Title I wellness budgets (low-income schools)
- Texas DSHS Reaching for Excellence School Health Grants (up to \$10,000)
- School Health Advisory Council (SHAC) programming funds
- PTA / PTO budgets
- CDC SPAN (State Physical Activity & Nutrition) funds flowing through local health departments

FOR SENIOR HOUSING: WELLNESS THAT RESIDENTS LOVE

We bring engaging, approachable wellness programming directly to your community room. No gym required.

PROGRAM	DETAILS
Monthly Wellness Workshop	"Eat to Beat Diabetes" / "Move More, Live Longer": Nutrition, meal planning on a fixed income, blood sugar management.
Chair Fitness & Low-Impact Movement	30-min group sessions: chair yoga, resistance bands, walking group. No special equipment needed.
Annual Wellness Contract	Monthly programming bundled into a single annual agreement (easier for budgeting and administration.)

Funding sources senior housing can use:

- HUD ROSS (Resident Opportunities & Self-Sufficiency) Service Coordinator budgets
- Section 202 supportive services allocations
- Area Agency on Aging (AAA) vendor contracts
- Property management resident services / amenities budgets
- Private senior community activity programming funds

INVESTMENT

SERVICE	STARTING PRICE
Student or Staff Workshop Series (6–8 weeks)	Starting at \$500/series
Parent Education Night	Starting at \$250/event
Monthly Senior Housing Workshop	Starting at \$150/session
Annual Wellness Contract (Senior Housing)	Starting at \$1,800/year
Custom / Multi-Campus Pricing	Contact us for a tailored proposal

CREDENTIALS & EXPERIENCE

- Certified Personal Trainer & Nutrition Coach
- Obesity & Diabetes Management Certification (in progress, 2026)
- Over a decade of community health education and wellness programming experience
- Founder, The Fire Network; thefirenetwork.com
- Author | Educator | Dallas-area community anchor

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Ready to bring The Fire Network to your school or community?

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