

Calm, Fit, Complete

Calm, Fit, Complete is a veteran owned and operated nonprofit dedicated to enhancing the lives of both veterans and military children whose family has been impacted by war. We work directly with our members through the use of intensive exercise programs, calming meditative practices and community outreach. As an afterschool program we use our veterans as mentors to help guide the youth through hard times, whether that be deployment or dealing with a family member who is severely wounded or killed in combat. Working directly with Helping Hands of Freedom, the Pat Tillman's Veterans Center at ASU and various other veterans outreach groups and local colleges; we are committed to helping those who need it most.

For veterans, we create a buffer between the military and civilian sectors allowing our nation's heroes to adjust to the freedoms they have so adamantly defended. We provide the structure, resources and experience necessary for a successful transition. The majority of the youth in our program are seeking direction, or simply a friend, as war affects not only those serving but also their family. Each veteran will be called upon to serve as a mentor, a team leader, setting the example for the youth to follow. We will use a combination of group exercise; team building activities and personal development lessons to strengthen our members, inside and out. Periodically, CFC will coordinate guest speakers and volunteer opportunities specifically designed for members, allowing for networking and professional development that may have otherwise been missed.

As the young kids begin to lose their way, our veterans provide guidance and support to help steer their mentees back on track. As our veterans struggle to find purpose outside of the military, they find motivation in their youth. Together, with support from the staff at CFC, the teams will create a significant, long lasting relationship of trust and support enabling each other to thrive together, looking to each other in times of need.

Due to the gracious support from local gyms and yoga studios we have a little taste of everything. The physical aspects of the program have been structured to progressively challenge members, giving them the knowledge and tools to lead a long, healthy life. Utilizing boxing/kickboxing, strength and high-intensity interval training, members are sure to stride past plateaus, getting into the best shape of their lives. The mental side, although often underestimated, is equally rewarding and allows members to appropriately calm the mind, reducing the often-overwhelming stressors of life in our society. With such a thorough approach to wellness, CFC provides members with the best chance for success. With our progressive training approach we are able to accommodate any type of experience level. We teach the technique and skills necessary to be successful and our trainers are always ready to intervene when necessary.

Our family is the first of its kind made just for veterans and youth by a team of former service members and gold star families. We see the potential in each of our members and work around the clock to give everyone the best possible chance for success. Other than the aforementioned physical and mental aspects of our gym, we work to improve the community that we live in and encourage our members to do the same. Special awards are given to teams, with most community service hours, those who show the most improvement, those who demonstrate outstanding leadership advancements and those selected by their peers for being the most motivating. Everyone at Calm, Fit, Complete is committed to excellence, from the inside, out and beyond.

About me:

For as long as I can remember, I had always wanted to be a United States Marine. After 4 years of service (2007-2011) including 3 deployments abroad, hundreds of MRE's and too many shots of whiskey and bar fights, with help from my younger brother, I packed up my car and drove the 20+ hours back to Iowa, where I grew up. Invincible. Entitled.

It didn't take long before I lost my way. After getting used to the structure and stability the Corp provided, I found the transition quite difficult. Naturally, I began to self-medicate. After a few months, I knew something had to change. I wasn't myself. Finally, school started and I could form some sort of routine. I hit the gym hard and let anger and anxiety fuel my workouts. I was introduced to yoga, which allowed my thoughts to die off long enough to catch some sleep. I created a strong network of support and kept busy with work and school. I also started to volunteer, spending time at an orphanage in Lima, Peru and at a summer camp for underprivileged youth. I was hooked.

Eventually I ended up in Phoenix, pursuing a degree and searching for purpose. A firefighter now in Mesa, the volunteering hasn't stop, with time being spent at Phoenix Children's Hospital and as a youth mentor. Although it didn't seem like it at the time, it's clear now my time spent with these boys and girls changed me as I'm sure it could you.

Whether you need an outlet or not, whether you have loved ones at home or not, many of the kids that live in your community don't. There's no denying the fact that kids without direction and the proper support, someone to look up to, will surely lose their way. You can change that.

Call to Action:

I've been out of the Marine Corps for 6 years now. In that time, I've lost too many friends, former comrades, brothers, to suicide to car crashes to murder charges. Last November, I buried my best friend, Paul, after a long battle with opiate addiction. Now, don't feel sorry for me, as I'm sure your story is similar, rather, join me as I continue my service, dedicated to helping the forgotten members of our extended military family. Let our brother and sister's sacrifice, whether it be from bullets or bombs abroad or a battle with demons here at home, not be wasted. Let's continue to serve, in their name, by helping some of the most vulnerable American's, their family.

If you or someone you know is interested in the program feel free to use the contact information provided to learn more.

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