



REVUP

YOUR MENTAL-MOTOR SKILLS

Program and Coaching Concept
created by Founder/ Head Coach
DENNIS DELOIS



#1 Coach

#2 Empower

#3 Lead



I'm Coach Dennis DeLois, here to help
you RevUP your mental motor skills
with Five Action Activities!

MISSION

The mission of RevItUP123 is to coach, empower, and lead the way to improve mental motor skills and wellbeing through physical activity.



PURPOSE

Our purpose is to actively engage Palm Beach County and the surrounding areas' underserved and adaptive learning communities by providing programs targeted to improve mental motor skills and wellbeing.



FOCUS

RevItUP123 is focused on helping children and adults with and without disabilities improve their mental motor skills, build confidence, and build up their self esteem!

Founder & President

Dennis DeLois

Dennis graduated high school and five years later graduated from college with a B.S. in Education, a Major in Physical Education and Minors in Health and Biology. He taught and coached from K-12 during his career.



"I never taught or coached a bad child. I always saw the best in each one. The great thing about all children is their awareness of compassion and sincerity from an adult, mentor, teacher or coach they will respond with a natural positivity and is willing to learn. There isn't anything better than seeing a child's eyes light up and say 'Hey, Coach, I can do this!'"

RevItUP123 currently offers programs in Palm Beach and Martin County.

Our main headquarters are in Palm Beach Gardens, Florida.

RevItUP123 also works closely with Special Olympics (Florida).

REVITUP123.ORG

Five Action Activities

These five RevItUp123! activities will build your child's self-esteem and mental motor skills!

Carioca

Jump Rope

Pull-Ups

Speed Bag Punching

Backwards Walking

DID YOU KNOW?

PARTICIPATING ORGANIZATIONS
ARE ELIGIBLE FOR UP TO

\$5,000

IN SCHOLARSHIPS



**Bring RevItUp123 to YOUR
local organization!**



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