



State of Rhode Island
Department of State - Business Services Division

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Articles of Incorporation

DOMESTIC Non-Profit Corporation

→ Filing Fee: \$35.00

The undersigned, acting as incorporator(s) of a corporation under RIGL 7-6-34, adopt(s) the following Articles of Incorporation for such corporation:

1. The name of the corporation is: Strength 2 You		
2. The period of its duration is: CHECK ONE BOX ONLY		
☒ Perpetual (on-going) ☐ Date certain for dissolution _____		
3. The specific purpose or purposes for which the corporation is organized are: Our nonprofit offers access to fitness and weightlifting equipment to low-income communities. We offer group and individual instruction in fitness and nutrition, We offer equipment rental and sales, And we offer prepared meals. Check the box to indicate an attachment ☐		
4. Provisions, if any, not inconsistent with the law, which the incorporators elect to set forth in these Articles of Incorporation for the regulation of the internal affairs of the corporation are: 1. Board of directors: no fewer than 3, 3 year term can be re-elected 2. General membership: members have a right to attend general meetings 3. committees: will be formed to advise directors 4. Offices: President, Vicepres., treasurer, and secretary Check the box to indicate an attachment ☐		
5. Name and address of the initial registered agent/office in Rhode Island is:		
Agent Name Joel Gilbert		
Street Address (NOT a P.O. Box) 335 Hartford Ave		
City Providence	State RHODE ISLAND	Zip Code 02909

MAIL TO:

Division of Business Services
148 W. River Street, Providence, Rhode Island 02904-2615
Phone: (401) 222-3040
Website: www.sos.ri.gov

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BY **ADGCK**
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FORM 200 Revised: 12/2/23

6. The number of the initial Board of Directors of the Corporation is 3 (not less than 3 directors) and the names and address of the persons who are to serve as the initial directors are:

NAME	ADDRESS
Joel Gilbert	335 Hartford Ave #1112 PVD RI 02909
Matthew Cogswell	204 Vinton St Manchester NH 03103
Brian Johnson	2607 Colonial Ave Norfolk VA 23517

Check the box to indicate an attachment ☐

7. The name and address of each incorporator is:

NAME	ADDRESS
Joel Gilbert	335 Hartford Ave R12 PVD RI 02909

Check the box to indicate an attachment ☐

8. Date when these Articles of Incorporation will be effective: **CHECK ONE BOX ONLY**

- ☒ Date received (Upon filing)
- ☐ Later effective date (Date must be no more than 30 days from the date of filing) _____

9. Under penalty of perjury, I/we declare and affirm that I/we have examined these Articles of Incorporation, including any accompanying attachments, and that all statements contained herein are true and correct.

Type or Print Name of Incorporator Joe Gilbert	Date 9/6/24
Signature of Incorporator 	
Type or Print Name of Incorporator RI DOS MADE NON-SUBSTANTIVE EDITS	Date
Signature of Incorporator	
Type or Print Name of Incorporator	Date
Signature of Incorporator	

If you have any questions, please call us at (401) 222-3040, Monday through Friday, between 8:30 a.m. and 4:30 p.m., or email corporations@sos.ri.gov.



State of Rhode Island

Department of State | Office of the Secretary of State

Gregg M. Amore, *Secretary of State*

I, GREGG M. AMORE, Secretary of State of the State of Rhode Island,

hereby certify that this document, duly executed in accordance with the provisions

of Title 7 of the General Laws of Rhode Island, as amended, has been filed in this

office on this day:

September 06, 2024 12:55 PM

A handwritten signature in black ink, reading "Gregg M. Amore". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Gregg M. Amore
Secretary of State

