

PURPOSE IN MOTION

NEWSLETTER



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NEW YEAR NEW GOALS

A new year brings a fresh opportunity to reset, refocus, and recommit to your health.

At Purposefully Fit, we believe wellness is more than just working out—it's about building sustainable habits that support your body, mind, and lifestyle.

Whether your goals include becoming more active, improving performance, or simply moving with more confidence, this is the perfect time to start.

Remember: progress over perfection. Small, consistent steps lead to big results.



NEW WEBSITE ALERT

We've launched a new and improved Purposefully Fit website! Visit us online to learn more about our programs, upcoming events, and community initiatives.

Be sure to subscribe to our mailing list so you can stay up to date on class launches, special programs, and wellness resources. We're excited to grow and stay connected with you!

WELLNESS TIP

Consistency beats intensity.

You don't need to do everything at once instead focus on doing something consistently.

Choose habits you can maintain, not just goals you can start.



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Apopka, FL

NOW OFFERING : SPORTS PERFORMANCE TRAINING FOR GIRLS

Purposefully Fit is proud to now offer Sports Performance Training specifically designed for girls. This program focuses on developing strong, confident, and capable athletes both on and off the field.

Benefits of Sports Performance Training include:

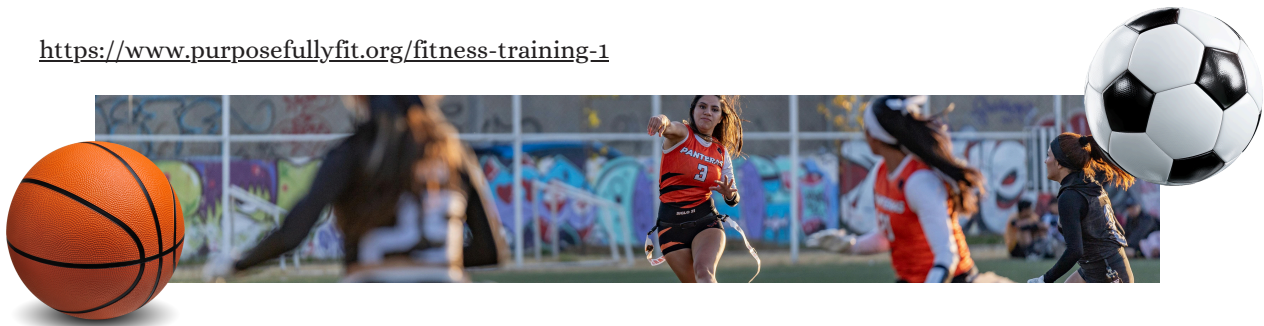
- Improved speed, agility, and coordination
- Increased strength and power
- Reduced risk of sports-related injuries
- Enhanced confidence and mental toughness

Our goals for performance training are to:

- Build a strong athletic foundation
- Teach proper movement mechanics
- Support long-term athletic development
- Empower girls to reach their full potential in sports and life
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This program is ideal for athletes of all levels and sports backgrounds.

<https://www.purposefullyfit.org/fitness-training-1>



UPCOMING SEASON

We're excited to announce that Fit Camp classes will officially kick off mid-March at The Activity Well Center!

These high-energy, results-driven classes are designed to challenge all fitness levels while fostering community, accountability, and fun.

Expect strength training, conditioning, and functional movement that helps you feel stronger in everyday life.

More details, class schedules, and registration info will be released soon—stay tuned!





PHARMACIST CORNER

KNOW YOUR NUMBERS

Understanding your health numbers is one of the most important steps you can take toward preventive care.

Knowing your numbers gives you a baseline or starting point, helping you and your healthcare provider make informed decisions.

Blood pressure

Blood pressure measures the force of blood against your artery walls.

- Why it matters: High blood pressure increases your risk for heart disease and stroke.
- What to know: Normal blood pressure is generally around 120/80 mmHg.

Cholesterol

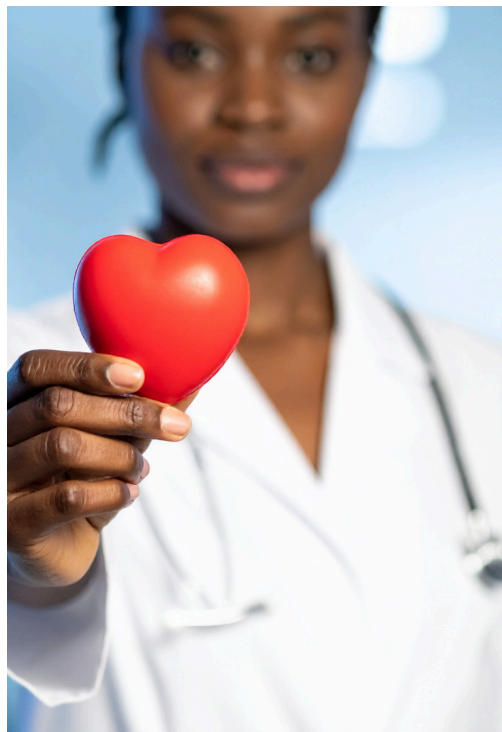
Cholesterol includes LDL (bad), HDL (good), and triglycerides.

- Why it matters: High LDL cholesterol can lead to plaque buildup in arteries, increasing heart disease risk.
- What to know: Healthy cholesterol levels support heart and vascular health.

Blood Sugar (Glucose)

Blood sugar reflects how much glucose is in your bloodstream.

- Why it matters: Elevated blood sugar can indicate diabetes or prediabetes.
- What to know: Monitoring helps prevent long-term complications like nerve, kidney, and vision damage.



The ABCs of Diabetes

Know Your ABCs to Prevent Diabetes Complications



Goals may be different for each person.
Ask your doctor what your goal should be.

<https://www.nebraskamed.com/heart/blog/diabetes-increases-risk-heart-disease>