



PURPOSEFULLY FIT

"GET ON PURPOSE"

NEWSLETTER

Welcome

We're so glad you're here!

Whether you're a long-time supporter or a newbie – we want to welcome you to a space where health and purpose meets you.

We believe in timelessness, built on purpose, and showing up as your best self in every area of life.



Matthew 5:14

*"You are the light of the world.
A city on a hill cannot be hidden."*

Summer Tips

1. Stay Hydrated on Purpose

- Aim for at least 8–10 cups of water a day
- Add fresh fruit or herbs (like mint or lemon) to make hydration fun

2. Move Early or Late

- Schedule workouts before 10 a.m. or after 6 p.m. to avoid peak heat
- Try shaded park walks, water aerobics, or early bootcamps

3. Dress to Breathe

- Wear lightweight, moisture-wicking clothes in light colors
- Encourage hats or visors for sun protection

4. Eat Hydrating Foods

- Snack on water-rich fruits like watermelon, cucumber, berries, and oranges
 - Limit salty snacks that dehydrate

5. Protect Your Skin

- Always apply broad-spectrum SPF 30+
- Reapply every 2 hours—especially during outdoor fitness

6. Listen to Your Body

- Watch for dizziness, nausea, or fatigue—take breaks as needed
- Remind kids and seniors not to push through the heat

Youth Sports Training

This past Saturday June 7th, 2025, we launched our very first annual Youth Sports Performance Camp—and it was a huge success!

From dynamic warm-ups to strength and agility drills, these young athletes showed incredible energy, teamwork, and determination.

We would like to thank everyone for coming and a special thank you to the coaches, DJ, media and volunteers, we couldn't have done it without you all.

Check out some highlights from the day below!



Community Health & Wellness



Keep It Moving SENIOR PROGRAM

Keep It Moving is a 4-8 week program designed to promote positive social environments, improve physical functions, protect against falls & fall injuries, and decrease depression.



DID YOU KNOW?

The leading causes of death among persons ages 65 and older is heart disease, cancer and COVID-19

YES

NO

Upcoming Events

SUMMER

On Purpose Fitness Camp
April 15 - June 19th
Kitland Nelson Park
10 N Forest Ave, Apopka, FL 32703
7am - 8am
FREE

On Purpose Fit Camp - Juneteenth Edition
June 19th
The Well Activity Center
110 Athletes Row, Apopka, FL 32703
7am-8am
FREE

All GIRLS Sports Performance Training
July 6, 13, 20, 27
The Well Activity Center
110 Athletes Row, Apopka, FL 32703
Time: 4pm-5:15pm
\$25 per session or \$85 for all

Devotion & Fitness
Coming soon!

FALL

2nd Annual Back To School Giveaway
August 9th
More information coming soon!

Back To School Youth Combine
August 10th
More information coming soon!

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