



PURPOSEFULLY FIT

"PURPOSE IN MOTION" NEWSLETTER

Welcome

Welcome to the *Purposefully FIT: Purpose in Motion* Newsletter!

We're so glad you're here! At Purposefully FIT we believe movement is more than just exercise, it's a lifestyle driven by purpose, passion, and community. This newsletter is your quarterly source of inspiration, wellness tips, and event updates

Whether you're the parent of a youth athlete, a youth athlete, an active senior or simply committed to a healthier way of life, we're here to support you every step of the way.

Let's move with purpose—together

Stay strong, stay focused, stay Purposefully FIT.

Matthew 5:14

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

Summer Fit 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 Performance Training

On 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 Fit Camp Finale - Juneteenth Edition

June 19, 2025

The Well Activity Center

110 Athletes Row Apopka, FL 32703

7am-8am

FREE

“Girls Only” Sports Performance Training

Every Thursday in July 2025

6:30pm-7:30pm

Girls 8th-12th Grade

\$25/session or \$110 for ALL 5 sessions

The Well Activity Center

110 Athletes Row Apopka, FL 32703

Registration Opens: Friday June 20, 2025 on our website

FALL

2nd Annual Back To School Giveaway

August 9, 2025

More information coming soon!

8 Week Fit Challenge

August-September

More information coming soon!

STAY CONNECTED



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