



PURPOSEFULLY FIT

# "PURPOSE IN MOTION" NEWSLETTER

## Welcome

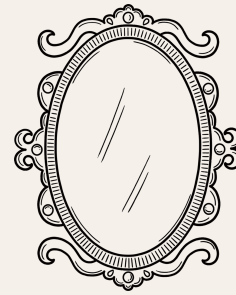
Welcome to the *Purposefully FIT: Purpose in Motion* Newsletter!

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.***



## Fall Reflection ***Check In With Yourself***

As we enter a new season, take a moment to reflect:

- How have I cared for my body this year?
- Where can I improve my consistency?
- What wellness goal can I commit to for the rest of 2025?

Small intentional changes today lead to powerful outcomes tomorrow.

Let's finish the year strong!

### ***Joshua 1:9***

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go*

# Girls-Only Sports Performance Training Program

**July 2025 | The Well Activity Center | Apopka, FL**

During the month of July, Purposefully Fit launched a Girls-Only Sports Performance Training Program, a four-week initiative designed to empower young girls through movement, confidence-building, and athletic development. Sessions were held every Thursday in July at The Well Activity Center in Apopka.

This program focused on improving speed, strength, coordination, and overall athletic performance while creating a safe and supportive space exclusively for girls. Beyond physical training, participants were encouraged to build confidence, discipline, teamwork, and a positive relationship with fitness.

A heartfelt thank you to The Well Activity Center for hosting us and the amazing girls who showed up each week ready to grow and challenge themselves. This program represents our continued commitment to youth development and female empowerment through health and wellness.



# 2nd Annual Drive-Thru Back to School Drive

**August 9, 2025 | Apopka VFW | 9:00–11:00 AM**

Purposefully Fit proudly hosted our 2nd Annual Drive-Thru Back to School Drive at the Apopka VFW, serving families across the Apopka community. Thanks to the support of our volunteers and community partners, we distributed over 100 backpacks filled with essential school supplies to students preparing for the new school year.

This event was created to help ease the financial burden on families while ensuring students felt confident, prepared, and supported as they returned to school. Seeing the smiles, gratitude, and excitement from both parents and students reminded us why community-centered work is at the heart of what we do.

We extend our sincere thanks to the Apopka VFW, our volunteers, donors, and community partners who made this event possible. Your generosity and commitment continue to make a lasting impact on the families we serve.



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