



# COMMUNITY IMPACT REPORT 2024

## Boots to Health Foundation



**Logan Spiewak, CEO**

"I am deeply grateful for the transformative work of Jesus Christ in my life and within this organization. A heartfelt thank you to Don and Ruth Trott—without their support, Boots to Health wouldn't be where it is today. As we step into 2025, I'm filled with excitement for the opportunities ahead and the impact we're poised to make. Here's to a year of growth, service, and perseverance. The marathon continues!"

Boots to Health Foundation is dedicated to supporting local Veterans in improving their physical, mental, and spiritual well-being. The foundation offers physical fitness training, nutrition coaching, spiritual counseling, and life coaching, all provided to Veterans at no cost.

The holistic approach aims to address all areas contributing to the overall well-being of Veterans. The foundation also aims to build a community for Veterans and raise awareness about Veteran health issues.

Founded on the principles of compassion, advocacy, and community, the foundation seeks to address healthcare gaps and provide resources that foster physical, mental, and emotional well-being. At its core, Boots to Health Foundation is committed to creating programs that not only support individuals on their journey to better health but also promote longevity.

With initiatives ranging from mental and spiritual health support to physical rehabilitation programs, the foundation acts as a bridge to essential services that many struggle to access. By working closely with community partners and donors, Boots to Health Foundation continually expands its reach and impact, ensuring that no one is left behind in their pursuit of a healthier, more fulfilling life.

# Mission and Pillars

---

## **MISSION**

Boots to Health Foundation is committed to providing comprehensive support to Veterans, addressing their physical, mental, and spiritual well-being. Our approach integrates physical fitness training, nutrition coaching, spiritual counseling, and life coaching, all offered at no cost to Veterans. We are dedicated to building a community for veterans and raising awareness about veteran health issues. Through our forum for Veteran discussions and health education blog, we aim to create a supportive environment for Veterans to thrive.

## **COMMUNITY.**

At Boots to Health Foundation, we are dedicated to building a strong community for our local Veterans. We provide a platform for Veterans to connect, share experiences, and support each other. Community conservation efforts aim to create a supportive network for Veterans to foster companionship and understanding.

## **HEALTH.**

We believe in the importance of early education on health and well-being. Boots to Health Foundation provides resources and information to educate Veterans and the community on various health-related topics. Our aim is to empower individuals to make informed decisions about their health.

## **WELLNESS.**

Boots to Health Foundation is dedicated to restoring the overall well-being of Veterans through wellness programs. Our programs focus on physical fitness training, nutrition coaching, and community engagement activities to promote a healthier lifestyle for Veterans.

## **AWARENESS.**

Boots to Health Foundation is committed to raising awareness about Veteran health issues. We strive to educate the community about challenges faced by Veterans and the support they need. Our goal is to stop the stigma surrounding mental health and to promote understanding and acceptance.

## **SUPPORT.**

At Boots to Health Foundation, we understand the importance of providing support services to Veterans. We offer a range of support services, including spiritual counseling, life coaching, and access to resources aimed at enhancing the overall well-being of Veterans.

## **ADVOCACY.**

Advocacy for policy is crucial to the wellbeing of our Veterans. Boots to Health Foundation advocates for policies that support the physical, mental, and spiritual well-being. We work to ensure that the needs of Veterans are heard and addressed at a policy level.



# Don't just take OUR word for it...

## Anonymous Veteran #1



"I am disabled Veteran originally from New Orleans, LA. Subsequent to my separation and divorce between 2020-2021, both my physical and emotional health rapidly declined. I have been working individually to recover and reach individual goals and aspirations on my own and believe I would benefit from a veteran focused program that approaches each individual holistically and uniquely."

"Boots To Health Foundation has helped me be more energetic and lose a few pounds. Also, it has helped me get in better shape so I can be more active in my children's lives. It feels good working out again, and I am extremely grateful for this program."

## Anonymous Veteran #2



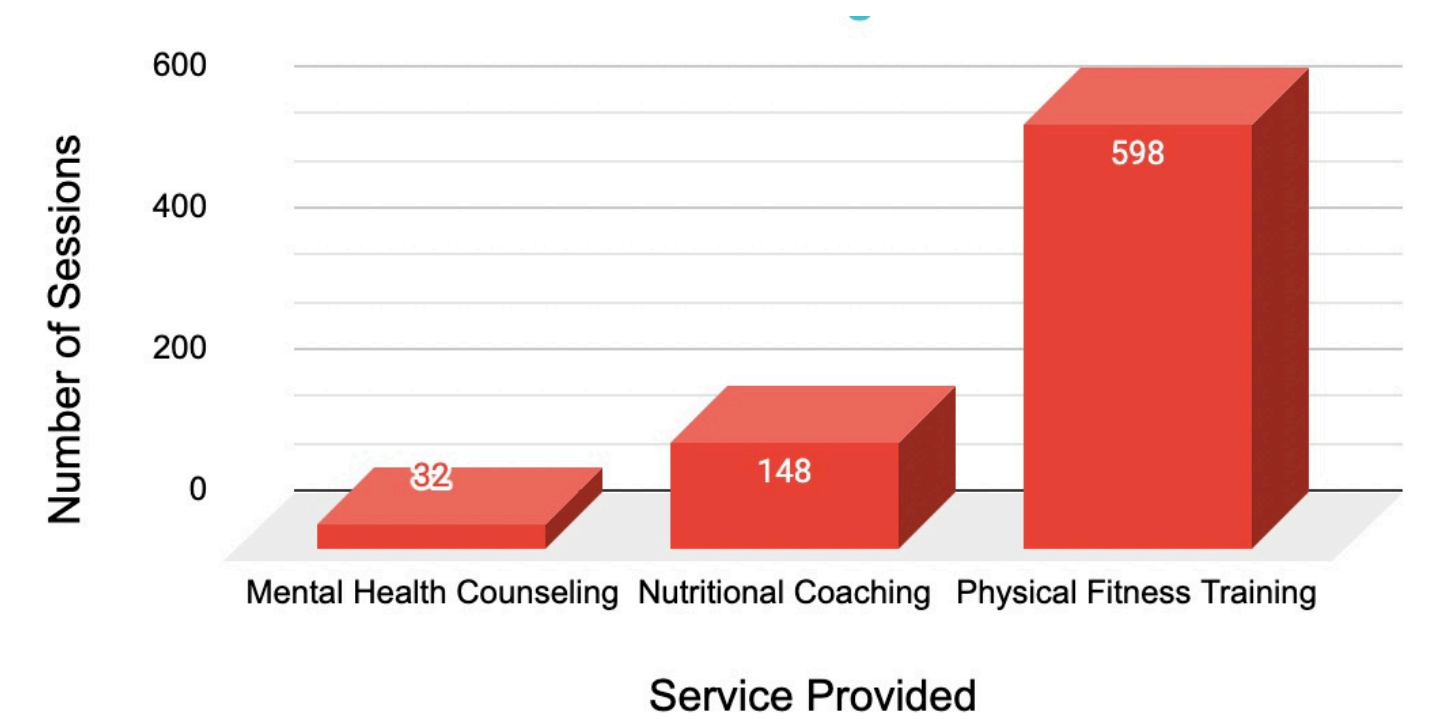
## Anonymous Veteran #3



"Boots To Health Foundation has helped me jump start into working out again. They have given me a healthy journey to weight loss."

# Financial Summary

## Number of Free Wellness Sessions Given to Veterans in the Boots to Health Foundation in 2024



598

Physical Fitness Training Sessions

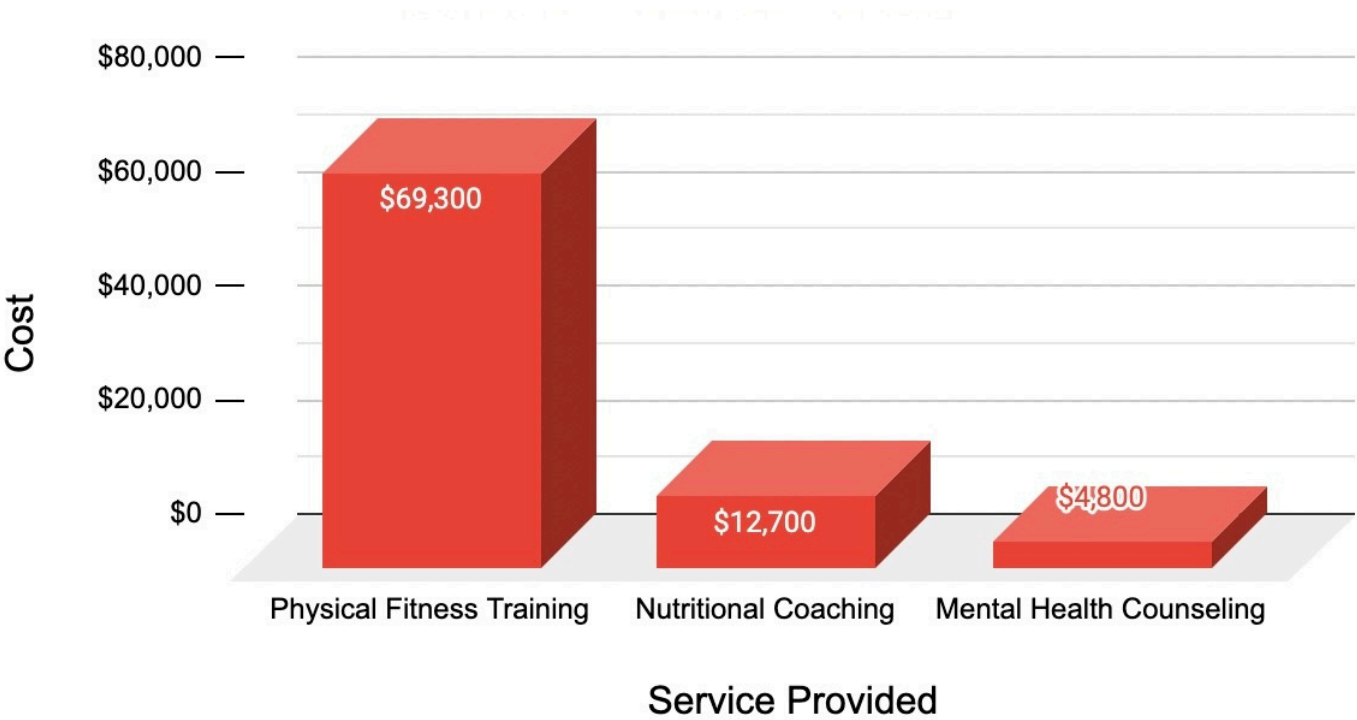
148

Nutritional Coaching Sessions

32

Mental Health Counseling Sessions

# Money Saved by Veterans through Free Boots to Health Wellness Services in 2024





## Innovation

---

Promoting healthier communities and enabling people to live satisfying lives are at the heart of the Boots to Health Foundation's purpose. As we move forward, we're determined to broaden our influence, increase our reach, and promote projects that are consistent with our basic principles of community support, accessibility, and wellbeing.

As we stride into 2025, our goals are at the forefront of our mission. In the upcoming year, we intend to create a healthy food pantry within the facility so that Veterans may obtain protein bars and other nutritious snacks to encourage good eating practices. We also want to encourage two Veterans to obtain their personal training certifications, and to acquire adaptive fitness gear for Veterans.

These goals are essential to our organization's expansion and the development of our future.

- **Create a healthy food pantry within our facility.**
- **Encourage two Veterans to obtain their personal training certifications.**
- **Acquire adaptive fitness gear for Veterans.**

# Growth

---

In 2023, we proudly provided services to 15 Veterans, making a meaningful difference in their lives. This year, we have nearly doubled our impact, helping 29 Veterans create brighter, more fulfilling futures. Last year, our efforts saved veterans \$30,000, and in 2024, that number soared to an estimated \$86,000, reflecting the growing reach and effectiveness of our programs.

As we approach 2025, we are more determined than ever to expand our mission, empower even more Veterans, and continue driving life-changing outcomes.



# Thank You to Our Sponsors

---



Because of our sponsors, we have been able to provide stronger, healthier futures for 29 Veterans this year. We are honored to recognize the unwavering support of the organizations that have played an essential role in advancing our work.

The services we have provided this year have saved Veterans an estimated total of \$86,800. This would not be possible without the support of organizations that share our mission and are investing in the futures of our heroes. Thank you to PA Health and Wellness, Walmart, Giant Food Stores, The Bartlett Foundation, and Veterans of Foreign Wars.

## Further Reading

---

### Links to supplementary material

[Visit Our Website](#)

[Read Our E-Book](#)

[501\(c\)\(3\).](#)

## Contact

---

For further information, please reach out to us at [bootstohealthfoundation@gmail.com](mailto:bootstohealthfoundation@gmail.com)

**Address:** 5023 East Trindle Rd., Mechanicsburg, PA 17050

**Phone:** 223-533-8613

**Website:** [bootstohealthfoundation.org](http://bootstohealthfoundation.org)