

LIFT IMPACT

2017

ONE STEP IS A BEGINNING
10 STEPS IS MOVING FORWARD

29,936,899 STEPS IS TRANSFORMING LIVES.

total number of steps
our athletes took in 2017

COMMUNITY IMPACT

There are over **350 homeless individuals** in Virginia Beach.



LIFT Fitness Foundation served

46 INDIVIDUALS in 2017

through our health and fitness programs.

OVER **100** VOLUNTEERS

2 PROGRAMS

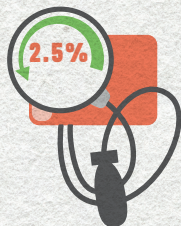
2 FUNDRAISING
EVENTS

GENEROUS DONORS
CONTRIBUTED
\$76,795
TO HELP SUSTAIN AND
DELIVER OUR VISION

LIFT 2017 has turned individuals with obstacles into athletes with promise. They have **greater opportunities and more confidence to find employment, gain housing, reunite with families, and enjoy sober, productive lives.** They can become **sustainable, tax-paying members of our community** who can, in turn, **contribute financially due to their employment and housing options, while saving the community money due to their better health and wellness.**



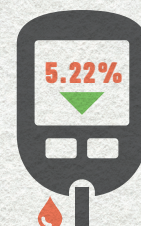
HEALTH IMPACT



HIGH BLOOD PRESSURE
DECREASED BY 2.5%



TOTAL WEIGHT
LOSS OF 20 LBS



DIABETES RISK
DOWN BY 5.22%

OF OUR ATHLETES



**50% FEEL BETTER
PREPARED TO FIND
EMPLOYMENT**



**70% HAVE CLEARER
VISION OF LONG
TERM GOALS**



**90% FEEL MORE
KNOWLEDGABLE ABOUT
EXERCISE AND NUTRITION**



**LIFT
FITNESS
FOUNDATION**

Become a force in lifting spirits,
improving bodies, feeding souls,
and transforming lives.

LIFTFitnessFoundation.org