



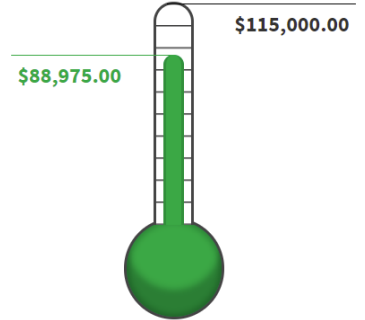
# Junction Spotlight

Mission: Transforming Lives Through Faith and Action  
May 19, 2021 - Vol 16

## WE NEED YOUR SUPPORT

Stafford Junction relies on our community to provide programs to low income children and their families in Stafford County. Your monetary donations are a large part of what keeps us going. We are so close to meeting our 2021 Building A Better Tomorrow Campaign Goal! Your gift allows us to continue providing programs and services to those who need it most. If you would like to support us, please visit <http://staffordjunction.org/bbtc2021/>.

2021 BBTC GOAL



Lifting Weights



Leg Day



Building Strength

## HLP & YMCA

The Healthy Living Pays (HLP) program encourages children, youth, and families to adopt healthier lifestyles by giving them the tools needed to succeed. Participants enroll in a wide variety of classes and programs that focus on preventative health care, promotes healthy food choices, exercise, and provides opportunities to gain everyday adulthood skills. Stafford Junction’s partnership with the Rappahannock Area YMCA provides our participants the opportunity to use the gym to achieve fitness goals and improve overall health. Our youth utilize a variety of cardiovascular and strength training machines including treadmills, stair climbers, and weight equipment. The routines they use improve blood circulation, lower blood pressure, improve heart health, and improve mental health. In addition, weightlifting can prevent bone loss and help build and strengthen bones. The children are benefiting in many ways that will carry into adulthood building a base and establishing a routine for a long, happy, and healthy life!