

Annual Report 2025

BOOTS TO HEALTH

“Equipping Veterans For LifeLong Change”

Learn More

Approved by the board of directors.



A word from our President

BECAUSE OF YOUR SUPPORT

I am profoundly thankful for our community of supporters and everyone who has played an essential role in laying the foundation for Boots To Health. It is a remarkable testimony what a simple pair of shoes can do and I am honored to continue walking this path towards providing the holistic help needed to improve the health of Veterans.



2025 SPONSORS

Our Sponsors

PA Health & Wellness



Wawa Foundation



Bartlett Foundation



Raising Canes



Stonebridge Financial Group

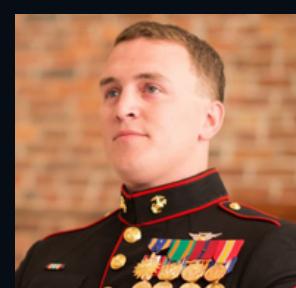


Please join us in recognizing the companies, foundations, and businesses that poured into us and endorsed our mission to grow. We feel truly blessed and thankful for all of the support given to us this year!

DSF Charitable Foundation

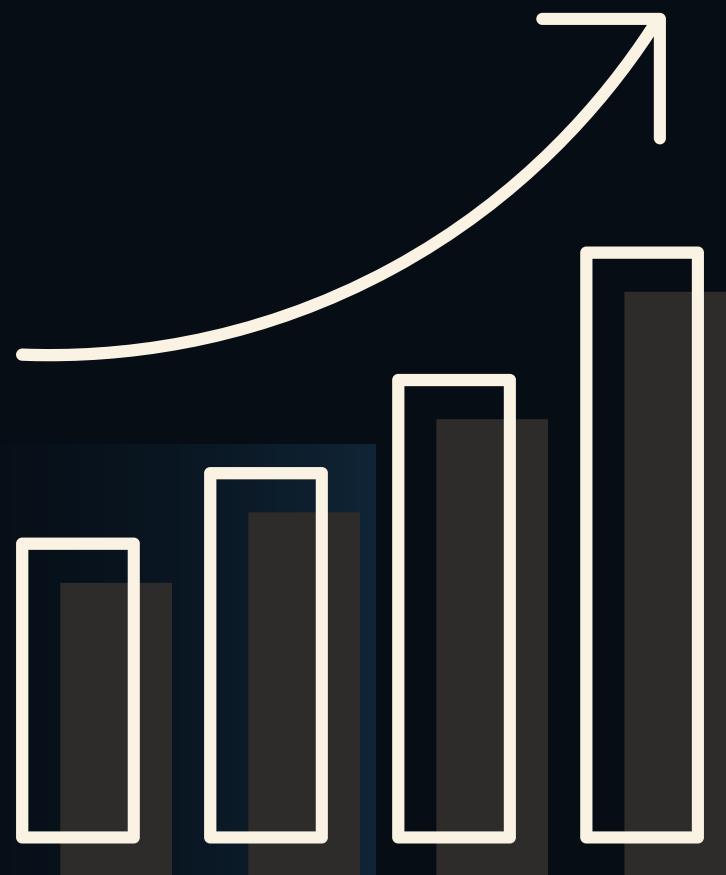


Adam Schoeller Foundation



Program Results

2022 - 2025 PROGRAM RESULTS



Of Veterans Helped

83

\$ Saved

\$161,100



Sessions Provided

816 Personal Training Sessions
148 Nutrition Coaching Sessions
38 Counseling Sessions



BTH Contributions 2025

\$65,000



CORE PROGRAM COMPONENTS

Personal Training

Our program requires a 90-day commitment, during which personal training is an essential component. Veterans are entitled to 24 personal training sessions, at no cost, available either in person or remotely.

Spiritual Counseling

We believe that to truly meet your holistic health needs, the spiritual aspect plays a significant role. Many individuals are searching for solutions to bridge this gap, which is why we target mind, body and spirit.



BOOTS TO HEALTH FOUNDATION

Equipping Veterans for Lifelong Change

Nutrition Coaching

Studies show that what an individual consumes daily reflects the success of their day. This is why we also offer nutrition coaching sessions for Veterans, helping them grasp the significance of proper nutrition and guiding them on their journey to better health.

Career Certificate Program

We are excited to offer complimentary certifications in personal training and nutrition coaching for Veterans, who have completed our program or who are interested in pursuing a career in the health and wellness field.

Results

PROGRAM TESTIMONIALS

I can't express enough how thankful I am for everything Boots to Health has done for me. It's difficult to find services, at little to no cost, that can be customized to meet my needs.

Working with fellow veterans is important because they know and understand the experiences that have brought me here. I'm incredibly grateful to be connected with a program run by veterans, for veterans. The improvements I've made in my health through Boots to Health have improved my quality of life and allowed me to focus on a brighter future. I hope other veterans in the community can connect with you as I have.

I'm proud to recommend Logan Spiewak, founder of the Boots to Health Foundation. Logan makes a real difference in the lives of veterans in Central Pennsylvania, and I say that with confidence because he has also helped me personally on my own health and fitness journey.

His leadership, dedication, and character stand out immediately.

Boots to Health gave me a way forward. It offered structure, community, and a place where accountability, discipline, and integrity were not just words, but lived values. Being around other veterans who understood the struggle without judgment made all the difference. While I still have room to grow, that program helped me climb out of a place where many people never make it out. It gave me the foundation to rebuild my life and succeed when it mattered most.



Announcements

NEW PROGRAM ANNOUNCEMENTS

Please take a look at our newest program offerings coming 2026!

Overall Health Initiative

We are excited to share a new recreational sports and activities component being added to our program and available to our Veterans! We understand some Veterans may not have a desire to lift weights but still want to remain active. Some physical activities Veterans and their families can look forward to being a part of include 5Ks, golf tournaments, basketball, and so on. We want to help our Veterans take advantage of these community activities and assist with payment!

Golf Program

We are excited to announce the implementation of a golf program for Veteran rehabilitation. We have been working with Messiah University towards creating a golf adaption for Veterans that will help provide more opportunities for community.

Family Workout Programs

We understand that a Veteran's main support network is family. That is why we are now accepeting and encouraging Veterans and their spouses to workout together for free. If you're interested in this, reach out for our intake form.

BTB Mobile APP

We are proud to introduce our new online fitness platform, available for Veterans to use. The basis of this APP was curated by UPENN. This is a great tool for more Veterans to connect with each other outside of the gym and take control of their wellness goals.

The Future

FUTURE PLANS OF BTH GOING INTO 2026



Our next huge goal is to establish a state funded open gym for all Veterans in Pennsylvania. If you believe in our mission and want to endorse our mission, PLEASE sign our petition below! Every signature helps and we greatly value any and all support.

CLICK HERE 



Get Involved Today

HOW YOU CAN HELP

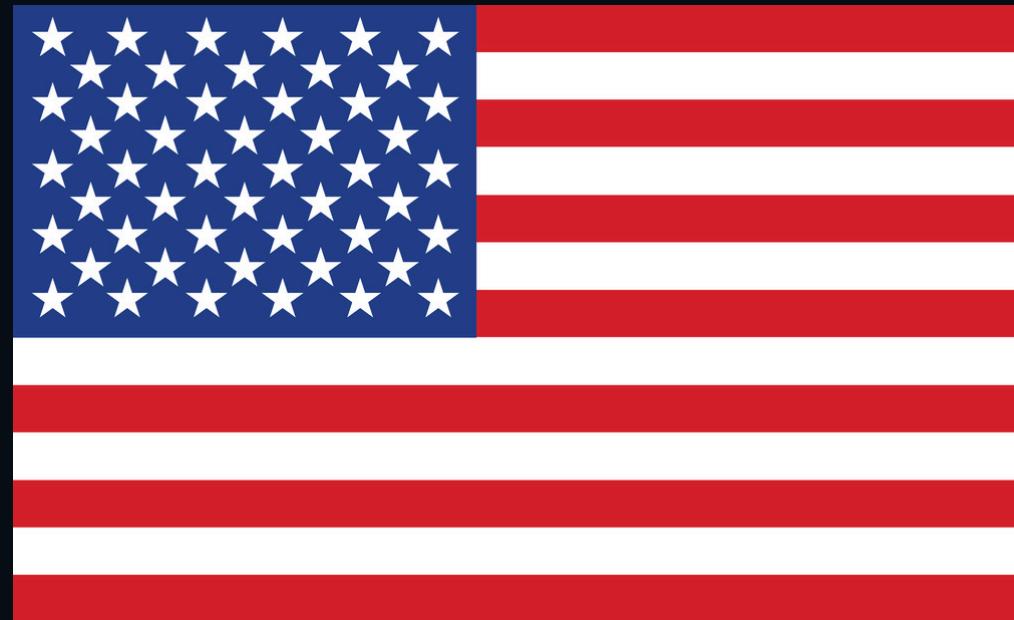
Together we can make some serious impact.

Ways to Support US

- Follow us on social media platforms: @bootstohealthfoundation
- Organize events on our behalf
- Volunteer your time, skills, or resources
- Spread the word to Veterans about our mission!
- Make a donation!

VETERANS & FIRST RESPONDERS WE HONORED THIS YEAR

*Memorial Monday
Wall*



A SPECIAL THANK YOU TO NICK HALL FOR HELPING US HONOR THOSE ON THIS WALL.



- Master-at-Arms 3rd Class Oscar Temores, U.S. Navy.
- Army Staff Sgt. Jack M. Martin III
- U.S. Army Specialist Donald L. Nichols
- Michael Kiefer, FDNY
- US Army Ranger, Corporal Ryan C. McGhee
- Officer Tara O'Sullivan
- Officer Diego Moreno
- U.S. Army Staff Sergeant Edwardo Loredo
- Staff Sgt. Timothy P. Davis
- Army Sgt. 1st Class Riley G. Stephens
- U.S. Army Sergeant Jeremiah Wittman
- Air Force Senior Airman Bryan R. Bell
- Captain Ryan "Phantom" Phaneuf
- SPC Frederick Greene
- PFC Aaron Thomas Nemelka
- PFC Michael Pearson
- SPC Kham Xiong
- US Army Captain Dan Whitten
- U.S. Army Staff Sgt. Michael H. Simpson
- Marine Staff Sgt Daniel Hansen
- U.S. Army Specialist Scott Morrison
- Staff Sgt. Justin Whiting
- U.S. Army Staff Sgt. Keith "Matt" Maupin
- U.S. Army Spc. Christopher J. Coffland
- Chief Petty Officer Nate Hardy

Thank you

**LEARN MORE
HERE:**

www.bootstohealthfoundation.org

THANK YOU

*Approved by the board of
directors.*

