



White House to White House Relay Sponsorship Opportunities

EVENT: 200 Mile, 30+ hour, 12 person relay from Washington DC to Virginia Beach

DATE: November 6-7, 2021

GOAL: Raise awareness for the crisis of Hunger and Homelessness in our nation and \$25,000 to sustain LIFT Fitness Foundation's mission in Hampton Roads for 2021 and beyond.

MISSION: LIFT creates a foundation of wellness to uplift individuals in need; giving them hope, encouragement and a sense of belonging as they prepare to take steps forward in their lives. LIFT serves homeless individuals, people in substance abuse recovery, veterans and children in our most vulnerable communities.

RESULTS: LIFT 'athletes' experience improved physical metrics as well as increased knowledge and self-esteem. Spending time with people in need and providing quality instruction by trained wellness professionals, LIFT helps restore dignity to people, allowing them to move forward toward housing, employment, restored relations with family, and other growth areas.

Prior to the pandemic shut-down in March 2020, LIFT grew each year, serving 160 individuals in 2019. LIFT conducted its first program since that time in July 2021, working with individuals experiencing homelessness at the Housing Resource Center (HRC) in Virginia Beach. LIFT has 3 programs planned for Fall 2021 with Salvation Army Adult Rehabilitation Center, Seton Youth Shelters and the HRC. Partners like these continue to have demand for LIFT programs to enhance the success of their clients.

HOW WE DO IT: LIFT implements a program of exercise, nutrition education and motivational discussions geared toward improving bodies and minds while building relationships with our participant LIFT 'Athletes'. LIFT incorporates goal setting and job readiness to help individuals on their journey.

YOUR INVESTMENT:

- Ensures LIFT can meet the demand for this life-changing program in our community
- Supports curriculum development from certified wellness professionals for greatest impact
- Supplies LIFT Athletes with safe and comfortable athletic clothing, sneakers and fitness supplies



"It (LIFT) isn't just about muscle growth it's about growing into a stronger, better human being."

- Michael L, LIFT Graduate



LIFT FITNESS FOUNDATION 2021 WH2WH RELAY SPONSOR LEVELS	TITLE \$5000	PLATINUM \$2,500	GOLD \$1,000	SILVER \$500	BRONZE \$250
Company name presented with event logo. Premier exposure at return event with representative offering remarks.	★				
Nutrition Education Lunch & Learn for company employees	★	★			
One of 12 runners sponsored by your company (you may provide a runner if desired), wearing company hat/shirt during one segment; live and recorded coverage.	★	★			
Premier positioning on all printed and digital materials.	★	★	★		
Provide Company information in relay team and volunteer swag bag	★	★	★	★	
Company logo on RV banner(s) – exposure from VB to Washington DC	★	★	★	★	
Sponsor reference on LIFT website and social media outlets.	★	★	★	★	★
Selected Sponsor Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Select a level above, sign below, scan and email **along with a high-resolution logo image** to jamie@liftfitnessfoundation.com **by October 15, 2021.**

For more information contact Jamie Rhoades: 757-285-6503

Company: _____

Address: _____

Contact name: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

Checks may be made payable to **LIFT Fitness Foundation** and sent to:

LIFT, 848 First Colonial Road, Suite B, Virginia Beach, VA 23451

To pay with credit card, contact Jamie Rhoades at 757-285-6503

LIFT Fitness Foundation is a 501(c)(3) non-profit organization. For more information, visit www.liftfitnessfoundation.org