



Push for FLY is for good health, good fun, and a good cause!

Push for FLY is an easy way to support the most vulnerable, marginalized kids in our community—youth who have been involved in the juvenile justice system or are at risk of getting into the system. You can participate anywhere you can do a push-up* on Tuesday, March 26, 2019 between 6:00 a.m. and 8:00 p.m. Get sponsors to pledge tax-deductible donations to support you. Together, you'll help kids escape the pipeline to prison so they can change their lives and create stronger, safer communities for us all.

Here's How it Works

Sign up to participate at bit.ly/FLYPushups or use this Register QR code. Find sponsors to pledge a tax-deductible donation to FLY for each push-up you do or for a flat rate. Use the Pledge Form on the back of this flyer to track your sponsors. Please register on or before March 25.



On March 26, do your push-ups anywhere and anytime you want. After the event, tell your sponsors how many push-ups you did and what they owe based on what they pledged. See the Pledge Form on the back for instructions on how they can pay their pledges to FLY.

Here's How to Make it Even Better

- Don't have time for a long push-up workout? Do several short sessions throughout the day.
- Team up with friends, family members, or co-workers and set a group goal. Or challenge them to a competition!
- Participate on our Facebook page: [Push for FLY 2019](#). Post why you're supporting our kids or why you love to do push-ups. Post photos and videos of your workouts and your participation on March 26.
- Learn more about FLY and the kids you're supporting at flyprogram.org. Sign up on any page of the website to join our email list for regular news and updates about our youth.

Questions?

Contact Ryan, ryan@flyprogram.org, or call (669) 243-0944.

*We don't discriminate – do pull-ups or squats if that's your preference!

