

Subject: Team RWB to honor the more than 1.8 million Purple Heart recipients.

{Hi NAME, GOOD MORNING OR GOOD AFTERNOON}

A group of [NUMBER] veterans and supporters are coming together at [LOCATION] on [DATE AND TIME] to host the Purple Heart Workout. The Purple Heart Workout is a challenging workout where Team RWB members will complete 5 rounds of the following for time: 10 push-ups, 15 air squats, 20 sit-ups, and 5 burpees.

This is a part of Team RWB's "Monthly Missions," a series of events that bring veterans and supporters together to accomplish one mission that pays tribute to our nation's rich military history and provides veterans with a community that encourages a healthy lifestyle.

This year members of the {INSERT LOCAL CHAPTER} will host the Purple Heart Challenge and welcome members of the community to join them.

Would you be interested in learning more about the Team RWB {CHAPTER}'s Purple Heart Workout and speaking with a member of our team about how the organization is supporting veterans' health and wellness through this epic event?

I'd be happy to schedule an interview with one of our team members or a local veteran who is participating in the event. I have included the full press release below.

Best,

{YOUR NAME}

{COPY FULL PRESS BELOW}