



198 14TH STREET NW | ATLANTA, GA 30318
TEAMRWB.ORG @TEAMRWB

ABOUT PURPLE HEART WORKOUT:

Join Team RWB in honoring the more than 1.8 million brave recipients of the Purple Heart since February 22, 1932. The Purple Heart is a medal awarded to those injured or killed in combat. On Purple Heart Day, August 7th, mission yourself to cover 1.8 miles running while remembering the sacrifice of these brave men and women.

PURPLE HEART WORKOUT KEY MESSAGES:

- *Team RWB is honoring the more than 1.8 million Purple Heart recipients by taking on a challenging workout.*
- *Eagles will complete 5 rounds of the following workout for time:*
 - 10 push-ups
 - 15 air squats
 - 20 sit-ups
 - 5 burpees
- *Options to scale include modality and/or dividing with a partner.*
- *Team RWB is a nonprofit organization forging America's leading health and wellness community for veterans.*
- *Our nation's veterans can improve their lives and ensure their best days are ahead of them by developing a healthy lifestyle with a focus on physical activity with support from Team RWB.*
- *Team RWB offers events, training, and programming to help veterans build a healthy lifestyle through its community.*
- *Military veterans are America's most resilient citizens. During their time in service, they pushed themselves to their limits, both physically and mentally.*
- *For more information on this event visit <https://about.teamrwb.org/missions/>*