

Burpees for BYS – Media Release

BUST OUT A BURPEE TO SUPPORT HOMELESS YOUNG PEOPLE IN BRISBANE

In 2017, Dave Kramer, aka Dave the Trainer, completed 3,000 burpees in just 8.5 hours to raise money for homeless and vulnerable young people living in Brisbane.

In Dave's words, "After 1,000 burpees I was feeling alright, it was a different story at 2000 but I was determined ... and just kept going until I got to 3,000."

Could you join Dave in trying to break the record and become the 2018 Burpees for BYS Champion?

Dave is a committed supporter of Brisbane Youth Service (BYS) and in 2017 raised over \$6,000 for BYS, while creating awareness of the challenges faced by young people who are experiencing homelessness and disadvantage.

This year, Dave has his sights set firmly on raising \$15,000 by encouraging other individuals, teams and organisations in the community to join the *Burpees for BYS* challenge and smashing his own 3,000 burpee record on the day!

"This year, I'm making an even bigger declaration: Let's ignite the fitness community to make a stand for the young people who need us," said Dave.

"As a community, we can create a life where young people's challenges are understood, they are offered safety from their hardship, and they are empowered to live an inspiring life. Together, let's take a stand against youth homelessness and show young people that we care."

"Through Burpees for BYS 2018, we will work together to raise \$15,000 for Brisbane Youth Service, so they can provide this kind of future for young people experiencing homelessness and disadvantage."

The *Burpees for BYS* challenge will coincide with Youth Homelessness Matters Day on Wednesday 18 April 2018.

The latest ABS data released last week shows that every night 4,500 young people in Queensland are facing homelessness (Census 2016). This is your chance to show that you want to make a difference to youth homelessness in Queensland.

It's easy to support *Burpees for BYS*. Check out www.brisyouth.org/burpeesforbys to register for your own burpee challenge, sponsor Dave or donate to BYS. Fundraising information and resources are also available on the website.

Brisbane Youth Service has been providing "New Futures for Young People" in Brisbane since 1977 by helping young people and their children find and maintain housing, address physical and mental health issues, establish support networks and access pathways to education and employment.

Join Dave the Trainer and register yourself, your organisation, a team, your gym, CrossFit box, studio, fitness group or workplace to take up the #BurpeesforBYS challenge and start raising funds to support New Futures for Young People today!

Contact:

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CEO, Annemaree Callander, is available for interview with prior arrangement.

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