

MEDIA RELEASE

28 February 2019

**HELP END BRISBANE YOUTH HOMELESSNESS
WITH A GUINNESS WORLD RECORD**

Brisbane Youth Service (BYS) is calling on the community to keep their calendars free for 6 April 2019 to help break the Guinness World Record for 'Most People Performing Burpees' to end youth homelessness.

Ambassador and Founder of the burpees campaign Dave Kramer says the event, hosted by the Brisbane Bullets and Southern Districts Basketball Association at Carina, needs 1,500 participants to perform burpees together at their own pace for two minutes to break the Guinness World Record.

"Burpees for BYS started in 2017 with a fitness challenge where I wanted to raise more money for BYS", Mr Kramer said.

"I declared I would do a burpee for every dollar donated, and I ended up doing 3,000 burpees in over eight hours.

"The current record is held by the Dubai police force where 1,455 people performed burpees.

"With the help of Brisbane's fitness and corporate community, as well as individuals who'd like to support us, we'd like to make history by breaking the burpees record and thus raise awareness of youth homelessness."

Dave said growing up he lived in poor conditions where his family relied on the generosity of others.

"I remember how good it felt when we got support", Mr Kramer said.

Currently, 4,454 young people aged between 12 and 24 are facing homelessness in Queensland every night (ABS Census, 2016).

The total homelessness rate in Brisbane's Inner City has risen 68% between 2011 – 2016 from 1,735 to 2,915 (ABS Census, 2016).

The Burpees for BYS challenge coincides with Queensland Youth Week, a time of the year to reflect on and support young people. To register for the event, or to see how you can get involved please visit <http://brisyouth.org/burpeesforbys>.

Brisbane Youth Service has been working with homeless and vulnerable young people and young families since 1977. BYS provides housing, physical and mental health services and specialist programs for young women and young families. All services are free of charge.

-ENDS-

MEDIA CONTACT

For more information, or for an interview or photo/vision opportunity, please contact Georgia Searle at gsearle@brisyouth.org or on 0408 011 644.

EVENT DETAILS

Where: Southern Districts Basketball Centre, 56 Zahel St, Carina. Hosted by Brisbane Bullets and Southern Districts Basketball Association.

When: Saturday 6 April 2019, 8.00am for 8.30am start, during Queensland Youth Week

The Record: The record is [currently](#) 1,455 participants set by Dubai Police in the United Arab Emirates

Who will be there: Founder of Burpees for BYS Dave the Trainer and an army of participants and volunteers

How to register: People can register at this [link](#), registration costs \$10 per person or \$50 for a team of 10, discounts are available for large groups

How many Burpees you need to do: 1,500 people performing burpees together for 2 minutes to make history

How you can also help: People can also help by making a donation to BYS or spreading the word about the event by liking, sharing and following their posts with #burpeesforbys #endyouthhomelessness #guinnessworldrecord #countmein #registered #qyw19 #unlimited #QldYouth