



BRANDED | ONE CROSSFIT

EMPOWERING DISABLED SERVICEMEN AND WOMEN

 **Who are we?** - We are the only 501(c)(3) non-profit organization in Southern Nevada of its kind. Our mission is to empower disabled servicemen/women; give back to the community; bridge the gap between the abled and disabled; and create a fitness community dedicated to making the world a better place.

 **What are we doing?** - We give free CrossFit memberships to disabled servicemen and women (police, fire, military). There are over 14,000 disabled servicemen and women in the Las Vegas area that could benefit from our organization.

 **Why does it matter?** - Those with PTSD and other disabilities recover better and have fuller lives when they are surrounded by a supportive community and engage in physical activity. The positive effects of CrossFit occur immediately.

 **How to help:**

- Become a member
- Become a sponsor
- Become a partner/ co-run events
- Volunteer or share our information

 **Hear from a Branded Hero:**

Elizabeth Higgins - Disabled Air Force Combat Veteran

"When I left the Air Force 10 years ago I quickly started losing my drive to stay physically fit. I missed the fun of group physical training. For me, Branded One Crossfit was the answer. I have great support and fun working out with a group of people who are devoted to helping disabled Veterans get healthy. Not only has my physical health improved since I've been training, but also my mental health. I'm incredibly thankful to be connected with this organization."