



FOR IMMEDIATE RELEASE

Operation Broken Wing 2016 doubles in participation while Minister for Community, Culture and Youth, Ms Grace Fu attends as Guest-of-Honour

Supported by Tote Singapore and powered by National Youth Council with major sportswear brand Under Armour as the main partner, Operation Broken Wing 2016 is looking set to be bigger than the first year with more participants joining in more than before.

Singapore, 27 September 2016 - After three months of opening for registration calls, Operation Broken Wing (OBW) makes a stronger return this October with a total of 296 athletes signed up. On top of that, it has received lots of corporate support from statutory boards such as Tote Singapore and National Youth Council and other corporate brands such as Under Armour, Tuck Lee Ice, Vita Coco, as partners.

Held on Saturday, 15th October 2016 at Ground Level *Scape Playspace, this year's OBW will even more special as for the first time ever, it will be attended by Minister for Community, Culture and Youth Ms Grace Fu at the Guest of the Honour. Not only will she be attending to show her support and encourage the athletes to give their all, Minister Fu will be participating in the some of the workout.

"We are very encouraged by the responses this year and truly looking forward to Operation Broken Wing 2016. The event serves as an interactional space to help beneficiaries forge relationships with youths from other social circles cultivating their social capital and aspirations. The support that we are getting truly proves," says Lionel Choong, organiser and coach at Innervate CrossFit.

Operation Broken Wing is a fitness charity event organised by Innervate CrossFit with REACH Community Services Society acting as its beneficiary. Designed to raise funds for the youth at risk in Singapore, athletes will have to perform a 15-minute workout called Fight For Hope, where each repetition performed translates to monetary donations from sponsors made to the beneficiary.

As opposed to last year where the Fight For Hope workout was only reserved for CrossFit athletes, this year, the public are welcomed to join. However, prior to participation, Innervate CrossFit has organised clinics for those looking to build up confidence and more importantly, how to execute the movements safely. Please find below the following highlights.

Highlights for this year's event include

The Main Workout : Fight For Hope

With 40 athletes going at the same time, on the call of 'GO', each athlete will rotate through 5 stations. Row (For Calories) Burpees, KBS, Push Press and Box Jumps, having 1 minute at each station to complete as many reps as possible.

After 5 minutes are up, they'll have a 1 minute break. Athletes will have to complete a total of 3 consecutive rounds of that.

Fringe Events

For the first time, there will be the Fringe events at OBW. These fringe events are adopted by the various partners. Fringe events such as the Under Armour Core Challenge where if you successfully accomplish the 2 minute hold, you will be entitled to a **Paracord wristband**. Another would be the Balmoral Chiropractic Centre Dead Lift Off where athletes have 2 minutes to dial in a 1 Rep Max deadlift (BCC will donate \$0.02/per pound of the 1RM per person).

Speaking for REACH Community Services Society, Mr Joe Chan – Head of REACH Youth Powerhouse, shared that with the money raised last year, it helped fund several Sport Engagement Programmes for at-risk and community youths. These programmes provide a platform for youths to build positive character traits like resilience and teamwork.

“Activating Strengths, Reaching Potential is the belief that REACH Community Services Society holds for every youth and we are glad that Innervate-CrossFit who shares this belief with us. We are very thankful that Innervate CrossFit has chosen REACH Community Service Society for the 3rd year to support the youth works through Operation Broken Wing 2016. We are encouraged by their continuous support for the last two years and their commitment as well as drive to make this year's OBW even bigger and better. We look forward to empowering more youths through such fitness platforms.” says Mr Joe Chan.

Operation Broken Wing is held at Ground Level, *Scape Playspace, 15 October 2016, Saturday. Go to www.operationbrokenwing.com and follow us on Instagram @OperationBrokenWing and Facebook /Operationbrokenwing. Join our conversation by #obw2016 #OBWfightsforhope

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About Innervate CrossFit

Innervate CrossFit is the first family friendly CrossFit Facility here in Singapore. Our vision is to forge elite lives and make people better. Apart from the usual CrossFit class, we have classes for Silvers, Kids and Teens and a Combatives program. The mission of Innervate is to bring CrossFit to the masses and to engage others (youths) using CrossFit to improve their lives and lifestyle.

About REACH Community Services

REACH Community Services Society is a registered charity since 1999, and an approved Institution of a Public Character since 2009. A charitable organization committed to inspire hope and empower change in families, couples and at-risk youths whom we help through her 4 community touchpoints - REACH Family Service Centre, REACH Counselling Centre, REACH Youth Powerhouse and REACH Senior Centre.

The clients serve include:-

- Children from low income families
- Youths at risk of school dropout, delinquency and gangs-related offences
- Couples in dire situations of separation, divorce, extra-marital affairs
- Families with financial and socio-emotional difficulties

- Seniors battling loneliness

About REACH YOUTH Powerhouse

A community touchpoint of REACH Community Services Society aims to guide youths to uncover their hidden strengths to achieve their potential through counselling, mentoring, sport engagement programmes and interest groups, as they go through turbulent teenage years. REACH Youth can be contacted at 6801 0740 or REACHYouth@reach.org.sg. More information on programmes and services run by REACH YOUTH Powerhouse is available at www.reach.org.sg.