



Good2Go Fitness
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01 May 2019

Dear fellow Citizen,

Since our start two years ago, Good2Go Fit has been helping people implement fitness into their daily routine. As a veteran owned company, we strongly believe in supporting those who serve our country. Every citizen who enlists in the Military understands that they may one day have to place their life on the line to protect their fellow countrymen. That's exactly what Lt. Michael P. Murphy, known as "Murph", did in Afghanistan, June of 2005.

We are now rallying the community for support to stand behind our belief that, no matter extenuating circumstance, young service men and women deserve to be honored for their sacrifice. Good2Go Fit is an official host of The Murph Challenge, a nationwide fundraising event where 100% of funds are donated to the [Lt. Murphy Memorial Scholarship](#), and **we need your help!** We plan to complete this challenge with as many citizens who find themselves inspired by the story of Murph's sacrifice. Veteran or not, honoring those with the courage to selflessly act in the name of protecting others is a cause we can all get behind.

On May 27th, 2019 at 9 am – I cordially invite you to honor Murph's memory. This will be our first time participating in the event and it will not be easy. The challenge is meant to make you question life; it is meant to make you feel like you will die. [Click here](#) to view what the challenge entails, *note that this can be completed with or without a 20 lb. vest. Also, alternate exercises such as band assisted pull ups and modified push-ups can be used to ensure completion.* If you would like to donate, [click here](#) then scroll down and click on "register today!". If you are a gym owner, I encourage you to become an official host as well. If not feasible to do so, please share this letter with your members. In the coming years, Good2Go Fit will look to join more causes that align with our beliefs and support the community both on the local and national level.

A few clients have reached out to purchase personal training services in hopes of being more prepared for this event. We do not offer for-profit preparatory services for the Murph Challenge, nor do we encourage others to do so. While one day we wish to, current resources do not allow donatable services to be provided. If you are concerned about whether you can even complete the challenge, remember that there are alternate modalities available and you can also visit the official Instagram page, @murphchallenge, which post daily workouts designed to help you conquer the challenge. We will be hosting a few dry runs beforehand, with your reply, I can include you in our FB group to find out when and where. Thank you for your time in reading this letter.

Warm regards,

Kenny "Good2Go" Gaudreau
Founder