



AND



November 15, 2022

Dear Community Business,

At Fight Back Fitness, Parkinson's disease is the challenger. By partnering together with members of our community like you, we can continue to fight this battle. We want to invite you to join the Fight Back Fitness family by partnering with us in 2023 as we continue to empower people with Parkinson's through fitness, camaraderie, and fun.

This year Rock Steady Boxing of Brownsburg has evolved and embarked on a bold new vision to expand the programs offered to those fighting Parkinson's. We continue to offer our keystone program - **Rock Steady Boxing**, but have added a new and impactful, non-boxing program called **Pedaling for Parkinson's**. Due to the expansion, we are now doing business as **Fight Back Fitness**. Though our vision and name have changed, our mission has not! Fight Back Fitness remains a nonprofit organization dedicated to *Empowering People With Parkinson's*.

Highlights from 2022 – Pedaling for Parkinson's, Rock Steady Boxing, and Hope

First, we have added *Pedaling for Parkinson's* in 2022. This new program has been in high demand and has made a significant impact on our fighters. We've heard comments such as:

"I haven't felt this good since I first started taking Parkinson's medicine."

"I have more endurance now. I was struggling with doing a plank for 60 seconds, now I can do a 90 second plank."

"I have more energy, and feel better."

Second, our *Rock Steady Boxing* program has grown and is stronger than ever. With the increase in boxers, we've expanded the number of class offerings and added equipment to meet the diverse needs at varying stages of the progression of the disease. At our recent annual luncheon to honor our boxers, one of our longest standing members shared this:

"When I was diagnosed with Parkinson's the doctor told me I probably had five good years before it got bad, and look at me. I am still here fighting 16 years later. Rock Steady Boxing did that for me and I am so grateful for the program."

Finally, we've seen incredible hope, courage, and community continue to grow among our amazing fighters. The group thrives on the companionship, support, and understanding that is provided in the gym, and these fuel a family-like bond that inspires them to keep up the fight.

But, they cannot continue this fight without partners like you. Your support and funding help provide the programs and tools to keep this family fighting. To impact those affected by Parkinson's in our community, we ask that you consider a commitment in 2023 to be a Fight Back Fitness sponsor. **Please review the attached sponsorship options and return the completed pledge form to our office by December 31, 2022.**

If you have any questions regarding our sponsorship options, please contact Lissa Vreeland at 317.939.0166 or me at 317.752.4005. On behalf of the Fight Back Fitness Board of Directors, thank you for considering being a part of the Fight Back Fitness family and helping our members continue their fight!

Best Regards,

Diane S. Brown
Fight Back Fitness Board Member and Fundraising Chairperson

Visit our new website at fightbackfitness.org
100% of Proceeds Benefit Fight Back Fitness, a nonprofit 501(c)(3) organization

Fight Back Fitness (FBF) Sponsorship Options and Benefits

Sponsor Benefits	Title Holder \$5000	Champion \$2500	Heavyweight \$1000	Middleweight \$500	Welterweight \$250
Event Naming Benefits <ul style="list-style-type: none"> Sponsor will be recognized as title sponsor for one our fundraising event (i.e., “The Main Event” presented by [SPONSOR] or “ Month to Move” presented by: [SPONSOR]) Sponsor name will be used on all event marketing, promotional materials, and T-shirts, if applicable. 	✓				
Recognition on Fight Back Fitness Website & Social Media Focus <ul style="list-style-type: none"> Sponsor will be featured in a dedicated social media posts, including video*, to highlight sponsor business and support of this community cause. Sponsor’s logo and description of sponsor business included prominently on FBF website as Title or Champion sponsor 	✓	✓			
Signage in FBF Gym Workout Area and Featured as Sponsor of the Month <ul style="list-style-type: none"> Sponsor logo visually displayed in Fight Back Fitness Gym workout area Featured in FBF newsletter as Sponsor of the Month and recognized in gym/lobby as Sponsor of the Month 	✓	✓	✓		
Recognized as Event Sponsor for Fight Back Fitness Fundraising Events - Month to Move celebrating Parkinson’s Awareness Month in April, and the Main Event Luncheon honoring our fighters in the fall. <i>Sponsors are included in the following:</i> <ul style="list-style-type: none"> Event Marketing (e.g. signage at event, communications, social media promotions, posters, etc.) Logo included on Fight Back Fitness Website Logo included on sponsor board in FBF lobby Special discounts/invitations to participate 	✓	✓	✓	✓	
Recognized as a Fight Back Fitness sponsor <ul style="list-style-type: none"> Logo Included on Month to Move T-shirt Logo included on Main Event Program Included in annual communication to the Fight Back Fitness community as a FBF sponsor 	✓	✓	✓	✓	✓

*Video would be limited to 60-90 secs and would be created by recording a brief interview with a key sponsor contact at the FBF gym or by using video provided by the sponsor. Options to be discussed and coordinated with sponsor.



FIGHT BACK FITNESS

EMPOWERING PEOPLE WITH PARKINSON'S

2023 SPONSORSHIP COMMITMENT

Name of Business/Individual: _____

Contact Name: _____ **Phone:** _____

Address: _____

Email: _____

We agree to be a (please check and circle as appropriate):

- Title** Sponsor (\$5,000)
- Champion** Sponsor (\$2500)
- Heavyweight** Sponsor (\$1000)
- Middleweight** Sponsor (\$500)
- Welterweight** Sponsor (\$250)
- Supporter** _____ (Other amount)

Payment Choice (check one below):

- Payment to be made in first quarter of 2023 via check or online at fightbackfitness.org
- Invoice full amount in Jan 2023
- Invoice in two installments – Jan and June 2023

Signature of Authorized Personnel

Printed Name of Authorized Personnel Date

Please send commitment form by December 31, 2022 to:

Fight Back Fitness, 1531 E Northfield Dr. Suite 800, Brownsburg, IN 46112
brownsburg@rsbaffiliate.com (317) 939-0166

100% of Proceeds Benefit Fight Back Fitness, a nonprofit, 501(c)(3) organization