

PUSH UP OR PAY UP!

IT'S THE PUSH-UP OR PAY UP CHALLENGE

Here's how it works: Either do 25 push-ups or donate \$25 to Support Our Soldiers to help us send food and needed to supplies to our troops overseas. But if you'd like to do both – we won't turn it down.

Record your Push Up or Pay Up video (be sure to call out the people you want to challenge and mention PushUpOrPayUp.com) and share your video on our Facebook page ([Facebook.com/ Supportoursoldier](https://Facebook.com/Supportoursoldier)).

Then visit PushUpOrPayUp.com to make your donation!

WHAT ARE YOU WAITING FOR? GET PUSHING!

**Challenge: Veterans, Military, Schools, Youth Groups,
Community Groups, Anyone Who Supports Our Troops!**

PUSH UP OR PAY UP QUICK LINKS

First Challenge Video



SOS Facebook Page



PushUpOrPayUp.com



Your tax deductible \$25 donation will go directly to help Support Our Soldiers send much needed care boxes of food & supplies to our troops overseas. For more information on Support Our Soldiers, including other opportunities to help, visit: www.supportoursoldier.com or call 817-551-2908.