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CCEH Announces Charity Workout Challenge

Gyms band together to keep people healthy and get people housed

Hartford, CT., May 14, 2020 — The CT Coalition to End Homelessness has announced a new challenge to gyms, yoga studios, and other fitness organizations. CCEH’s Charity Workout Challenge is asking fitness organizations around Connecticut to host virtual charity workouts to raise emergency assistance to house people in shelters.

The home workout challenge was launched with support from Hamden-based Ranfone Training Systems, which hosted an inaugural charity workout on Facebook live to benefit CCEH. The gym shared their charity workout on their Facebook page and asked participants to donate \$10 or more. The gifts rolled in and CCEH featured the gym’s workout on their [Gofundme page](#).

Now North Haven Crossfit is following suit with a workout scheduled on [their Facebook page](#) this Saturday morning at 9 am.

Additional gyms and yoga studios who want to participate can visit the CCEH Gofundme page and start a team. CCEH will be showcasing charity workouts and other events benefiting their COVID response fund on the [CCEH.org/CharityChallenge](#) page, giving people around the world a destination for finding ways to stay healthy and make a difference at the same time.

“Now that we are all forced to stay home, it’s more important than ever to stay healthy and stay connected,” said CCEH CEO Richard Cho. “What a great opportunity to take care of yourself while also taking care of others.”

Funds raised through charity workouts provide much-needed emergency assistance to help pay first month’s rent and other initial housing costs for the 2000 people currently in shelters. The coalition is aiming to rehouse 1000 people by the end of June.

Gyms and fitness communities interested in participating in the challenge can sign up at [CCEH.org/CharityChallenge](#).

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CCEH represents more than 100 members – emergency shelter providers, transitional housing providers, community and business leaders, and strategic partners – who share the goal of ending homelessness. In partnership with communities throughout the state, CCEH advances this goal through leadership, community organizing, advocacy, research, and education.