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Workouthelpout.org
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Our mission: To integrate exercise with community service to support health, provide help, and strengthen communities.

Start Your Own WOHO

What We Provide

We want to assist you in creating your own WOHO in your hometown! We're doing our best to make it as easy as possible, but please let us know if you have questions regarding the process. Here are some examples of how we can help you:

- **Marketing**
 - We offer templates for everything you'll need to establish and grow your WOHO: business cards, flyers, social media strategies, etc.
 - We list your WOHO on our main website and promote you through social media
 - We tell you the easiest and fastest ways to find events and volunteers
- **Support**
 - We offer email/phone support for WOHO Affiliates
 - We walk you through the beginning steps to help you build a foundation

Getting Started is Easy

Listed below are items that are required and encouraged to start a new WOHO. If you don't meet any or all of the required criteria, don't worry- we're here to help! Contact us to see how we can assist you.

- **Required:**
 - Education: PT license, enrollment in DPT program, or personal training certification
 - Event criteria: Work Out AND Help Out component at EVERY event
 - Event frequency: minimum of one event every two months, or six per year
 - Time Commitment: up to 1 hour/month for conference call
- **Encouraged:**
 - Event types: Labor intensive
 - Insurance: Liability
 - Social media: For sharing and promoting your WOHO
 - Team: 3-4 WOHO staff members

Email us at Info@workouthelpout.org with questions/comment/concerns.