



# Barbells<sup>®</sup> For Bullies

For Immediate Release

For Press Inquiries or Interviews:

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**Barbells For Bullies**® is a 501c3 non-profit organization that is 100% volunteer run and dedicated to fostering a fit and socially conscientious community. We aim to get pets of all kinds into loving and caring homes, and work with local charities and rescues to make this happen. Nobody from Barbells For Bullies draws a salary, we donate all income to help pups.

Established in 2016 and tied to the CrossFit community, Barbells For Bullies hosts fundraiser fitness competitions (CrossFit, Powerlifting, Strongman, and Olympic Weightlifting) all over the US, with workouts dedicated to and inspired by these tough but playful dogs. All net proceeds go directly to bully breed rescues, dog rescues, or other non-profits which work to help our four-legged friends.

Now the next question: Why Barbells for Bullies? Do you only help pit bulls? Absolutely not! While "pit bulls" are the most widely known bully breed, "bully" breeds include Boston Terriers, French, English, and American Bulldogs, Mastiffs, Cane Corsos, Rottweilers and even Pugs! Bully breeds are more pervasive than you think! And anyone that has spent time with them knows they are doting, loyal, and loving animals. Our mission is to spread that message, and assist in the adopting and fostering of them so we can help as many dogs as possible.



The harsh reality is that 1.2 million dogs are euthanized in shelters each year and over half of those are labeled "pit bulls". Only one out of ever 600 pit bull type dog will leave the shelter alive.

At the end of the day, all of the dogs that enter shelters each year need help and resources, however, when over half of the dogs that are killed each year are "pit bulls" there is an obvious issue that we want to actively address.

Since inception, Barbells For Bullies has raised and donated over \$65,000 and hosted 20 events in 12 cities. Moreover, they have directly helped over 25 animals by paying for foster supplies, funding emergency medical procedures, and sponsoring "Freedom Rides." To date, the events have challenged over 1000 athletes in 12 cities and garnered more than 5000 spectators.

“ We want to empower local gyms to get involved and make a difference. In 2018, our theme and shirt design was centered around the idea of ‘One More.’ As athletes, we’re all about that *one more*—one more rep, one more mile, one more set, one more pull. We wanted to take the zeal and fervor and transpose it to the rescue realm—one more foster, one more volunteer hour, one more social media post, one more conversation to change minds. We can all make a difference, one random act of kindness at a time,” commented Barbells For Bullies’ founder and director, Alexander Castiglione. “In 2019, we are taking it a step further and enabling gyms and athletes all around the country.”



In 2019, they will be rolling out new initiatives that empower local gyms to host competitions and help their local shelters, as well as launching online events that allow people to get fit and get involved no matter where they are - all that is needed is a smartphone and desire to help animals in need. They will still personally be hosting their Official Barbells For Bullies and Power Athletes For Pitties events in major cities all over the US.

For more information or to host a competition, please reach out to [info@barbellsforbullies.org](mailto:info@barbellsforbullies.org).

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