

# MostFit to Hold 5th Annual Fitness Fundraiser Pushups for Puppies

LOS ANGELES, Calif., Oct. 25, 2016 (SEND2PRESS NEWSWIRE) – MostFit Founder and Owner, Andrew Gavigan, along with Personal Trainer and MostFit Cofounder, Erin Fukuda will be holding their fun and heartfelt Pushup for Puppies Workout Event for the fifth consecutive year on Sunday, November 13, 2016. 100-percent of the proceeds go to S.T.A.R.T. Shelter Transport Animal Rescue Team (<http://startrescue.org/>).



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The event will feature some of LA's finest trainers and yoga instructors for a fun-filled yoga-fitness circuit in the park! Each year the event gets bigger, and bigger, and is sure to be a great time and fun workout.

"This event allows us to offer our services as trainers and instructors to generate funds for an amazing organization," says Gavigan.

"It's such a gift to be able to give back, and help such a tremendously worthy cause. Andrew and I are both dog and animal lovers and any small thing we can do to make a difference just feels good," says Fukuda.

## **The Event:**

Balboa Sports Center.

17015 Burbank Blvd., Encino, CA 91316.

Sunday, November 13, 2016; 10 – 11 a.m.

- \* Arrive 10 minutes early.
- \* Bring a mat or towel and water.
- \* \$15 suggested donation. Any amount is greatly appreciated. Cash or check.

Kids are welcome and can participate for free. Class is suitable for ALL fitness levels.

If you cannot make it and would like to make a donation, go to: <http://startrescue.org/donate/>. Be sure to enter "Pushups for Puppies" under "comments."

For more information: call or text 805-415-7493 or 310-245-2062.

## **About S.T.A.R.T.:**

Everyday thousands of pets are killed in Southern and Central California shelters. START was formed in order to address the issues of overpopulation by providing transport services (moving animals from high kill shelters to rescue organizations to be re-homed, and spay/neuter services to prevent unwanted births and less intakes at the already overcrowded animal shelters

## **About MostFit:**

Founded by trainer Andrew Gavigan in 2011, MostFit is focused on creating and sharing affordable, efficient and accessible fitness equipment that empowers individuals to get stronger and to workout anywhere, any time.

MostFit is dedicated to promoting fitness throughout the community, as a means to health and happiness. Their goal is to make fitness enjoyable, accessible and realistic – which is paramount to creating a healthy body image and ultimately, success. Learn more: <http://most-fit.com>.

\*LOGO for media: [Send2Press.com/wire/images/16-1025s2p-startrescue-300dpi.jpg](http://Send2Press.com/wire/images/16-1025s2p-startrescue-300dpi.jpg)