Hello and welcome to the first-ever **Sports4Vets Throwdown**, an adaptive fitness competition. In the coming weeks, you will take a huge step forward in furthering your rehabilitation and commitment to health and fitness.

One great thing you can do during the event is to inspire other Veterans, family, friends and people everywhere by sharing your experience through social media. If you have a Facebook, Twitter or Instagram account, you can connect with our official social media @Sports4Vets. We’d love to share your short videos directly through our @Sports4Vets social media pages. If you are interested in providing us videos *(preferably :60 seconds or less and filmed horizontally with a smart phone)* of you participating in the Throwdown, please share them, and send back the attached signed photo/video consent form.

**Here’s how to submit your short video (under :60 secs):**
1. Send videos via direct message to our @Sports4Vets Facebook, Twitter or Instagram inbox
2. Text to our Communications Team at 202-230-2144 or 202-680-8196
3. Reply to this email with your video

You can also share videos of you in action to connect with friends, family and other Veterans via social media by posting the photos/videos and adding the hashtag #VetsLiveFit at the end of all of your posts.

For more information about the Sports4Vets Throwdown, visit: [www.blogs.va.gov/nvspse/](http://www.blogs.va.gov/nvspse/)