



CATCH A LIFT FUND

Catch A Lift Fund has helped thousands of post 9/11 combat wounded veterans regain their mental and physical health through gym memberships, in home gym equipment, personalized fitness and nutrition programs and a peer support network. Catch A Lift vets are seeing and feeling results including dramatic weight loss, reduction in medications, improved sleep patterns, and strengthened relationships with family and friends, thanks to their healthier lifestyle.

Once funding is secured each veterans personalized fitness request is granted to fit their needs.

- Grant cycle is for 1 year.
- Grant choices provide fitness facilities anywhere in the US or home equipment.
- Yearly renewals are determined upon participation and funds available.



Step #1: Eligibility Requirements

- Live within the United States
- Any military branch combat injured veteran post 9-11 who served in active combat duty in Iraq or Afghanistan.
- Applicant must be rated with a minimum of 30% **IN ONE COMBAT RELATED INJURY** rated by the VA with a combined rating of no less than 50% of combat related injuries, i.e. physical combat injuries or combat PTS or TBI.
- Medically or honorably discharged or retired.
- One or any of combat badges or ribbons representing combat duty: Purple Heart, OIF/OEF Badge, Iraq Campaign Medal, and Afghanistan.

- Applicant rated at 70% or greater for combat related injuries (combat PTS or TBI included) by the VA and has a caregiver, the caregiver may apply for the program along with veteran to assist them.

Step #2: Required Documents

The following documents are required and can only be uploaded as a PDF FILE, when submitting your application. Have these items prepared prior to beginning.

- Copy of DD-214 with your social security # blacked out showing post 9/11 combat deployments to Iraq and/or Afghanistan (OIF, OEF). One or any of combat badges or ribbons representing combat duty or a Purple Heart.
- VA Narrative % Rating Letter—This is the VA explanation papers with your % rating containing an explanation of each injury. Your generic service connected % cover letter is not acceptable. Minimum of 30% IN ONE INJURY rated by the VA with a combined rating of no less than 50%. Documentation that does not list the breakdown of your ratings will not be accepted as it does not meet the eligibility criteria.
- Photograph of applicant in service or current photograph. NO SELFIES.
- If requesting caregiver membership:
 - Applying veteran must be rated 70% or greater for combat related injuries (combat PTS or TBI included) to be eligible for a caregiver membership
 - Documentation for VA certified caregiver ☐VA Certified Caregiver Certificate, stipend or Caregiver ID Card
 - A 100-word minimum letter of why it is necessary for you to have a caregiver accompany you to the gym

STEP #3: What to expect after Applying

- You will receive a confirmation email that your application was received
- Within 30 days you will receive an email with your approval into the program or if not approved, an email with the reasons why your application was not accepted.
- Once accepted into the Catch A Lift Program, you are eligible for resources within the program, i.e. coaching, nutrition, motivational connections, mentors, events, regardless of your fitness grant wait time.
- Upon approval in the CAL program, the wait is contingent on funding availability and donations. Your approval letter will contain program wait times.
- All applications are reviewed on a case by case basis, subject to the criteria established by the CAL Board of Directors.
- For any questions email: ssturtevant@catchaliftfund.com

YOU MUST REGISTER ON THEIR WEBSITE FIRST, THEN APPLY!