



PRESS RELEASE

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FOR IMMEDIATE RELEASE

#TheFreeWorkout Comes to Rock Hill and Fort Mill

Free, easy-to-use bodyweight-based workouts can be found in eight locations

ROCK HILL, S.C. (September 18, 2018) – It’s been said that sweat is nature’s way of keeping you cool, so why not take your workout outside? Partnering with marketing firm [#thesavageway](#), OrthoCarolina has launched #TheFreeWorkout on sidewalks in Rock Hill and Fort Mill offering free, functional fitness. Utilizing clean graffiti, eight free workouts in local areas will help make fitness and a healthy lifestyle accessible to everyone. The bodyweight-based exercise routines designed by an OrthoCarolina medical provider will get the heart pumping and offer an alternative to a normal gym routine.

The Workouts

#TheFreeWorkout workouts are designed for any fitness level and are open to use to the public. Each self-guided workout takes place along an approximately 800-1,000 foot stretch of sidewalk and involves six bodyweight exercises. The full routine involves completing the workout five times, but participants can modify as needed.

What is Clean Graffiti?

Using a stencil and high pressured water, OrthoCarolina and #thesavageway have strategically cleaned messages onto dirty sidewalks that, in sequence, make up workouts. The goal is to offer free, functional health and wellness by using natural media. The ‘graffiti’ is just water – no paint, no chemicals, and eventually will wear away.

“We believe that fitness and a healthy lifestyle should be options for everyone,” said Barrett Little, MD, orthopedic surgeon with OrthoCarolina Rock Hill. “We’re excited to partner with #thesavageway for fun, creative workouts that can be done on your time, at your own pace, alone or with a group.”

See the workout locations and get more information [here](#). (www.thefreeworkout.com)

Read more about [OrthoCarolina Rock Hill](#).

About OrthoCarolina

With expert physicians and care providers in locations throughout our region, OrthoCarolina is one of the nation’s leading orthopedic practices and your destination for comprehensive orthopedic care. Our expertise in the areas of foot and ankle, hand, hip and knee, shoulder and elbow, spine, sports

medicine and pediatrics to offer a continuum of care unmatched in our region — and throughout the country.

OrthoCarolina. You. Improved.

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