

STRONGEST™ SIGMA CHALLENGE

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The **Strongest Sigma Challenge™** (SSC) is an international campaign designed to celebrate and encourage physical excellence amongst our fellow Brothers of **Phi Beta Sigma Fraternity, Incorporated** - spotlighting their dedication to health, fitness, and personal mastery. Beyond recognizing individual achievement, the Strongest Sigma Challenge nurtures a spirit of friendly competition, camaraderie, and collective motivation, inspiring Brothers across every region to pursue their highest potential—physically, mentally, and spiritually.

Since 2025, the brothers of the SSC have been connecting with fraternity brothers throughout the organization that represent our ideals of **Strength, Health, and Community**. Throughout 2026, we've been hosting collaborative workouts and discussions with brothers that feature relatable brother-to-brother engagements, motivational workout content, and life-saving health information that particularly pertain to black men's health. **Our goal is to become a premier multi-tier platform where brothers of colors can educate themselves on critical health issues and connect/reconnect with their local fitness facilities as well as medical professionals.**



FITNESS+FELLOWSHIP

Sigma Fitness Event with National Partners was a success!
[Click for Full article](#)

*"Health is a legacy
you can pass to your family."*

[Check out the full SSC discussion clip.](#)



"Such a wonderful event!" - Jessica, ACS

Phi Beta Sigma stepped outside for exercise, yoga, and to learn vital information concerning their health and well-being.

*"Increase your **lifespan** but also your **healthspan** so that you're able to live a quality life."*



Carry Your Own Weight™ is more than just our flagship content segment. It's a conversation that encourages black men everywhere to take accountability for their personal health awareness and take action. This platform creates space for real, honest, brother-to-brother dialogue—the kind that saves lives. Through workouts, storytelling, and health-focused discussions, we highlight: benefits of fitness, mental health, and accountability.



1st Annual Strongest Sigma Challenge Competition April 24th, 2027 • Stamford, CT

- Crown The Strongest Sigma
- Publicize Sigma Health Initiatives
- Fundraise for Nonprofit Support
- Increase Chapter Activity
- Develop Valuable Partnerships
- Share Health Information
- Excite Sigma Members
- Re-activate Sigma Memberships