

For Immediate Release

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Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Hospital Foundation thrilled with results from Get Active! Community Fitness Challenge



Members of the Heritage Fitness team presenting a cheque to the CPDMH Foundation during the 2nd Annual Fitness Challenge. Participating in the picture are (back l-f) Norma Hamilton, Natalie Bouvier, Sylvia Giles, David Kirkpatrick, (front l-r) Valerie Beaulieu, Jennifer Hicks, Jenny Andress, Linda Simpson and Sylvie Powell. The donation represents a portion of new memberships and membership renewals collected by Heritage Fitness during April.

elliptical trainer or a stationary bike. Teams were required to collect pledges totaling \$250 per team and prizes were awarded for most funds raised, calories burned and furthest distance travelled.

At the end of the day the teams collected \$9501 in pledges and the Money Honies, comprised of members of the Foundation Board of Directors, raised the most money - \$1247. An additional \$135 was raised through a Zumba class offered during the morning of the Challenge and \$300 was raised by auctioning an annual membership to Heritage Fitness. Heritage Fitness also contributed \$3000 to represent a portion of new memberships and membership renewals collected during April.

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is thrilled to announce that the 2nd Annual Get Active! Community Fitness Challenge was an overwhelming success and has raised \$12,936 for new equipment for the Hospital.

“We are ecstatic with the results from the Fitness Challenge and on behalf of the Foundation I would like to thank the team at Heritage Fitness for making us feel at home in their facility and for hosting the event,” said Sylvie Powell, President of the CPDMH Foundation. “I would also like to thank everyone who participated in the challenge and contributed to the event’s success.”

On Wednesday, April 29, 19 teams consisting of 5 individuals arrived at Heritage Fitness to spend 10 minutes each on either a treadmill,



The Money Honies consisting of David Kirkpatrick, Sylvia Giles, Linda Simpson, Sylvie Powell and Norma Hamilton with a cheque representing the funds raised for the 2nd Annual Get Active Community Challenge.

“We are always happy to help the Foundation raise funds for the Hospital and we are very excited to see the event was well received by the community and our membership,” said Kevin Price, owner of Heritage Fitness. “We look forward to the 3rd Annual Get Active! Fitness Challenge and hope to continue building on this year’s success.”

The CPDMH Foundation would also like to thank Ballygiblin’s Restaurant and Pub, Equator Coffee and Heritage Fitness for providing prizes for teams.

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