

For Immediate Release

March 3, 2009

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

2nd Annual Get Active! Community Fitness Challenge is scheduled for April 29

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is pleased to announce that the 2nd Annual Get Active! Community Fitness Challenge is scheduled for Wednesday April 29, 2009. The event will last throughout the day and will once again be hosted by the Heritage Community Fitness Centre.

“We had a great time with this event last year and more importantly we were able to raise \$7400 for the hospital”, stated Chantelle Troy, Manager/ Community Relations Officer for the CPDMH Foundation. “We are very fortunate to have the team at Heritage Fitness helping us with this event and I hope we are able to build on last year’s success.”

The 2nd Annual Get Active! Community Fitness Challenge will consist of teams of five who are required to collect pledges totaling \$250 per team or \$50 per person. On the day of the event, the teams arrive during a predetermined time slot and each team member will spend 10 minutes on a treadmill, elliptical trainer, or stationary bike. The event will offer prizes for the most funds raised, most calories burned, most spirited team etc. as well as random prize draws throughout the day. As an added bonus, Heritage Fitness, which will celebrate its 2nd anniversary on April 1st, will donate a portion of new memberships and membership renewals collected during April to the Foundation.

“When we opened our facility we decide to name the Carleton Place Hospital as our charity of choice because we believe that a healthy hospital is one of the essential components of a healthy community,” stated Kevin Price, Owner of Heritage Fitness. “I’m very proud that we have been able to honour our decision by helping to raise more than \$12,000 for the hospital in the last two years.”

Teams must pre-register for the event by e-mailing a team name and contact member as well as list of team members to ctroy@carletonplacehosp.com. Team names and participants will then be added to the Foundation’s online donation page allowing participants to collect pledges through the Foundation’s website at www.carletonplacehospital.ca. Participants also have the option of collecting pledges through the traditional sign up sheet. Team registration and pledge forms can be found on the Foundation’s website and, once completed, can be dropped off at Heritage Fitness or the Foundation Office.

For more information on the 2nd Annual Get Active! Community Fitness Challenge or to request a registration form for the event please contact the Foundation Office at 613-257-2200 ext 856, e-mail ctroy@carletonplacehosp.com, or visit www.carletonplacehospital.ca. Information on the Get Active! Challenge, as well as the programs offered by Heritage Fitness, can also be found at www.heritagefitness.ca.

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