

**For Immediate Release**

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Carleton Place & District Memorial Hospital Foundation  
Carleton Place, ON

**Heritage Fitness celebrates another great year with a gift to the CPDMH Foundation**

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is pleased to announce that the Hospital has received a gift of \$5000 from the Heritage Community Fitness Centre. The gift was presented during the recent 4th Annual Get Active! Community Fitness Challenge which raised over \$15,000 to help purchase a colonoscope for the Hospital's operating room.

"We were excited when the Foundation approached us about hosting the Fitness Challenge three years ago and decided it would be a good opportunity to present the Hospital with a donation to celebrate the 1<sup>st</sup> anniversary of our opening," stated Kevin Price, Owner of the Heritage Community Fitness Centre. "We



are very pleased to see the Fitness Challenge grow each year and we are thrilled to continue the tradition of recognizing our anniversary by making a donation to the Foundation on behalf of our members."

Heritage Fitness opened on April 1, 2007 and at that time, the facility named the Hospital as its charity of choice. Since then, Heritage Fitness has donated more than \$22,000 to the Hospital's equipment needs, and has contributed to many events held on the Hospital's behalf.

*Casey Carswell, Jenny Andress and Doreen French with a cheque representing the recent gift from Heritage Fitness.*

Heritage Fitness is currently involved in the second expansion of its facility.

When complete, the building will have an additional 4000 square feet which will provide bigger areas for free weights, stretching and core strength, and cardio, strength & free weight equipment. The expansion will also provide more clinic space on the second floor and a new rehabilitation and light weight area. Also involved in the expansion is the development of an acre of outdoor green space for core conditioning, rehabilitation, and performance training.

"We are so happy with the relationship we have been able to build with Heritage Fitness and we can't thank them enough for everything they have done for us in the last four years," stated Spencer Grabe, President of the CPDMH Foundation. "As a member of Heritage Fitness, I'm looking forward to seeing the outcome of the expansion plans and on behalf of the Foundation and the Hospital I would like to congratulate Kevin and his team on another successful year in the community."

Heritage Fitness is now planning Century Tour 2011 for Sunday June 26. The event, hosted by personal trainer Jenny Andress, features an enjoyable bike ride through Mississippi Mills and cyclists have an option of choosing a 50 or 100 km route. Last year the event raised \$1342 for the Foundation and this year a portion of the event proceeds will once again be donated to the Hospital.

For more information on the Heritage Community Fitness Centre, including the upcoming Century Tour, please visit [www.heritagefitness.ca](http://www.heritagefitness.ca).

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