

For Immediate Release

December 9, 2008

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Heritage Fitness continues to give to Carleton Place Hospital

The Carleton Place & District Memorial Hospital (CPDMH) Foundation is thrilled to announce that the Heritage Community Fitness Centre has donated \$2000 towards the purchase of a cardiac and transport central monitor for the Hospital's Emergency Department. The funds were raised during the Heritage Fitness Center's Fall Fitness Fair, BBQ and Decathlon held in October.

"The Foundation is continually surprised by the generosity of Heritage Fitness and their commitment to a healthy community", said Sylvie Powell, CPDMH Foundation President. "Since Heritage Fitness opened in 2007, they have helped raised more than \$12,000 for new equipment for the hospital and I can't thank Kevin and his team enough for their support."

The Fall Fitness Fair, BBQ and Decathlon were organized to celebrate the completion of a 2000 square foot expansion, CoreFit. CoreFit was designed to accommodate new functional training equipment, larger group fitness classes, and provide a space for personal training programs; the addition of this space also allowed for the Townend Sports Medicine Clinic, located within fitness centre, to expand their business.

In addition to the recent expansion, Heritage Fitness has recently become partners with the Heart Wise Exercise program organized by the University of Ottawa Heart Institute. This partnership was created to assist qualifying organizations to developed safe and appropriate exercise programs for people who have cardiovascular disease or have experienced a cardiac-event.

"We are very pleased to be partnered with the Heart Wise Exercise program, and thought it would be a good fit to direct the funds raised from our Fall Fitness Fair to the purchase of the cardiac and transport central monitor," stated Kevin Price, owner of The Heritage Community



Participating in the cheque presentation are (from l-r) Norma Hamilton, Vice President of the CPDMH Foundation; Jenny Andress, Personal Trainer; Doreen French; Customer Service Representative; Jenna Morris, Fitness Instructor and Customer Service Representative; Jennifer Hicks, Personal Trainer; and Redeana Villeneuve, Business Manager.

Fitness Centre. “I would like to thank everyone who participated in the events we organized to celebrate our expansion and helped us make this donation to the hospital.”

Heritage Fitness and the CPDMH Foundation would also like to thank the EMC, Personal Trainer-Jenny Andress, Townend Sports Medicine Clinic, Ballygiblin’s Restaurant and Pub, The Mississippi Ale House and the Heritage Fitness Team for contributing to the success of the Fall Fitness Fair, BBQ and Decathlon. For more information on Heritage Fitness and its programs and services please visit www.heritagefitness.ca.

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