



Seventh Annual HealthAmongUs Event Underway

For Immediate Release

May 4, 2010- More than 4000 children will be running, jumping, balancing, and throwing as they learn about physical activity during the seventh annual HealthAmongUs event, taking place from May 3-7, 2010 at Beban Park Gyro Field.

The annual week-long event engages students between the ages of 5-12 in fun, non-competitive games and activities that emphasize the importance of physical activity. Teaching children about the value of lifelong healthy eating and exercise at a young age is essential to forming good habits. Recognizing the importance of this education, Nanaimo Parks, Recreation, and Culture and School District 68 have worked together to make this event a success for the past six years.

“As this event has grown and evolved, we’ve seen kids get more and more excited about participating,” says recreation coordinator Chris Barfoot. “Our goal is to show them that physical activity can and should be a fun part of their everyday lives.”

Since the first HealthAmongUs event in 2004, over 20,000 Nanaimo children have enjoyed the benefits of trying new activities with their peers. Support from the community has been vital to the continued success of this event. Save-on-Foods, Columbia Ice, Danone, and Richardson Foods Group have all come on board as sponsors and have generously donated healthy snacks for participants to enjoy throughout the week.

For more information about the 2010 HealthAmongUs event, please contact Chris Barfoot, Recreation Coordinator at 250-755-7522 or Chris.Barfoot@nanaimo.ca.

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