



Healthy Tomorrow
Foundation

COMMUNITY
CHAMPIONS

INTRODUCTION

The Healthy Tomorrow Foundation (HTF) is a respected leader in developing and delivering campaigns, programs and resources that empower Nova Scotians to achieve greater wellness through active and healthy living.

Our marquee program, Kids Run Club, is a free, school-based recreational running program designed to give children and youth an opportunity to embrace active, healthy living. Since 2004, Kids Run Club has grown from just 3,500 participants and 58 schools to, at its peak, more than 17,000 participants and 270 schools across the province.

In 2020, we expanded our focus to reach even more Nova Scotians. The Make Your Move campaign encourages Nova Scotians to integrate short bouts of simple movement into their daily activities. The goal is to contribute to a cultural shift in which people regularly incorporate movement into their daily lives.

Building on the success of Make Your Move, the foundation's Make Your Move at Work program is designed to help Nova Scotians be more active during the workday. This program is equipped with evidence-based resources that employers can use to inspire and support their workforce to be less sedentary and move more throughout the day. Whether employees are working in a traditional office or from home, Make Your Move at Work meets everyone where they are.



Vision

Every Nova Scotian is inspired, informed and empowered to achieve wellness through active and healthy living.

Mission

Helping to create a happy and healthy tomorrow for all Nova Scotians through movement.

YOUR OPPORTUNITY

Our programs target Nova Scotians of all ages and are delivered at no cost. With our health-care system in crisis, we know that one of the best ways we can support our own health is by simply moving more – it's not complicated, but changing habits and re-framing how we think about movement requires a team effort. And that effort costs money.

We are looking for your support. Would you become an HTF Community Champion and help us create a strong and healthy future for all Nova Scotians? Community Champions are local businesses and organizations that are passionate about investing in the well-being of their community. Together, we can help create a healthy tomorrow for all Nova Scotians.



BE A CHAMPION FOR A HEALTHIER TOMORROW

Testimonial

"I see the importance and benefit of movement every day. That's why I chose to become a Community Champion. I strongly believe the foundation helps promote movement and healthy lifestyles to Nova Scotians of all ages. The positive impact the foundation's work will have on our community will be immense."

Daniela Rubinger, Physiotherapist, Clinic Owner,
Citadel Physiotherapy

BENEFITS AND RECOGNITION

Your donation to the HTF helps us continue to deliver high-quality programs that support the health of all Nova Scotians.

BRONZE \$1,000

Bronze Community Champions receive:

- Acknowledgement of your business/organization twice a year on HTF social media accounts
- Recognition of your business/organization as a Community Champion on the HTF website and in our annual report
- An HTF Community Champion decal to display with pride in your business/organization

SILVER \$3,000

Silver Community Champions receive:

- Acknowledgement of your business/organization four times a year on all HTF social media accounts
- Recognition of your business/organization as a Community Champion on the HTF website and in our annual report, with a featured quote about why you were inspired to be a community champion
- An HTF Community Champion decal to display with pride in your business/organization
- A business/organization profile showcasing how you inspire your community to lead active and healthy lives, to be published on the HTF blog and shared on all social media accounts
- An HTF Community Champion badge to display on your website, email signature or other assets



THANK YOU



THE BEST PIECE OF EXERCISE EQUIPMENT EVER INVENTED IS YOU!

LEARN MORE

Visit www.healthytomorrow.ca to learn more about our work or click the logos below for more information about our programs.



If you're ready to become a Community Champion or want to learn more about this opportunity, please email us at info@healthytomorrow.ca.