

For Immediate Release

## The Healthy Tomorrow Foundation's Kids Run Club Marks 20 Years of Impactful Running Program

HALIFAX, N.S. – April 24, 2024 – The Healthy Tomorrow Foundation proudly announces the 20th anniversary of its award-winning Kids Run Club (KRC) program, a milestone celebrated with excitement at a recent event at Burton Ettinger Elementary School in Halifax. Program participants, long-time supporters, stakeholders and community members came together to honour two decades of empowering children through physical activity and healthy lifestyles.

Established in 2004 by Doctors Nova Scotia (DNS), KRC has been a steadfast champion of children's health, providing a free, school-based running program across Nova Scotia. In 2018, the program seamlessly transitioned to the Healthy Tomorrow Foundation, DNS's charitable arm, where it has flourished as the foundation's flagship program.

Reflecting on the journey, Kerry Copeland, Executive Director of the Healthy Tomorrow Foundation, said, "I'm proud to have been part of this incredible program since the beginning. It's rewarding to see that KRC is still having a positive effect on youth today. It's also rewarding to see the generational impact of the program. We've seen many KRC participants become teachers and physicians who continue promote the joy of movement."

The program has reached as many as 18,000 children and youth annually since 2004. Kids Run Club has been instrumental in transforming the lives of children and youth in every corner of the province. By providing the program at no cost and through schools, KRC addresses and eliminates various barriers to participation that children may face, providing an opportunity for building community and friendships while allowing participants to experience the joy of movement. For many participants, KRC is more than just a running club; it's a gateway to belonging and purpose.

As KRC enters its third decade, the Healthy Tomorrow Foundation remains committed to expanding its reach and impact, ensuring that every child in Nova Scotia has access to the benefits of an active lifestyle. Through partnerships with schools, communities and sponsors, KRC will continue to inspire and empower the next generation of healthy, active citizens.

For more information about the Healthy Tomorrow Foundation's KRC program and its other initiatives, please visit [www.kidsrunclub.ca](http://www.kidsrunclub.ca) or contact [info@healthytomorrow.ca](mailto:info@healthytomorrow.ca).

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