



Supporting Healthy School
Communities in Alberta



News Release

October 18, 2017

Medicine Hat Gets Active to Celebrate AMA Youth Run Clubs

Yesterday approximately 100 community members took part in the Medicine Hat Community Fun Run at St. Michael's School. Hosted by [Ever Active Schools \(EAS\)](#) in partnership with the [Alberta Medical Association \(AMA\)](#), the event celebrated AMA Youth Run Clubs in Medicine Hat and highlighted the benefits of child and youth participation in physical activity.

Local physician, Dr. Amelia Correia, spoke at the event about the AMA Youth Run Club program and the importance of Alberta doctors connecting with school communities to promote the benefits of active living.

Participants registered for a 1 km, 3 km or 6 km run – encouraging everyone to take part regardless of skill level.

Physical activity is key to overall student well-being and learning outcomes.” said Hayley Degaust, provincial projects coordinator at Ever Active Schools. “Events like today’s fun run are a great way for us to connect with the community and talk about the positive impact our run clubs have within schools.”

The AMA Youth Run Club is a free, school-based running program designed to get children and youth active. Developed out of a partnership between the Alberta Medical Association and Ever Active Schools, there are currently 455 AMA Youth Run Clubs across Alberta, engaging students from K-12. The Alberta Medical Association and Ever Active Schools provide schools with the necessary support, training and resources needed to create and maintain a successful run club.

Ever Active Schools is a provincial initiative that promotes and supports healthy, active school communities. Funding is provided by the Government of Alberta through the ministries of Culture and Tourism, Education and Health.

Media Contact:

Hayley Degaust
Provincial Projects Coordinator, Ever Active Schools
Cell: 780.405.3734