



Letter From Our Leadership

Dear Friends,

As parents, educators, and community members, we share a common hope: that every child grows up healthy, confident, and surrounded by care. Yet today, that hope is harder to hold. Children and youth are facing more stress, more isolation, and less time being physically active than ever before. Many parents feel overwhelmed—trying to hold it all together while quietly wondering if their kids are truly okay.

That's why Ever Active exists—and why your support matters so deeply.

Over the past year, we've reached more than 69,000 children and youth with opportunities to move, play, connect, and lead. We've seen the power of a joyful recess, a supportive adult, or a new activity to change the course of a child's day—or their life. We've worked alongside educators and communities to create spaces where well-being isn't an add-on, it's a foundation.

We've focused intentionally on equity-deserving communities—Indigenous youth, newcomers, 2SLGBTQ+ youth, youth living with disabilities, and those in low-income households. These children face additional barriers they didn't create, and they deserve more than acknowledgment—they deserve action, access, and joyful opportunities to thrive.

The outcomes are powerful: stronger relationships, more movement, and deeper belonging. Because when kids feel safe, supported, and seen, everything else becomes possible, and the opportunities are endless.

Thank you for walking alongside us. For investing in healthier futures, not just in theory—but in hallways, classrooms, gymnasiums, and schoolyards across the country.

With heartfelt gratitude,

Rebecca Smillie
Chair, Board of Directors

Brian Torrance
Executive Director



TOGETHER FOR HEALTHIER FUTURES

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