



We build strong kids,  
strong families, strong communities.

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**For Immediate Release**

**PEPSICO AWARDS \$2,500 GRANT TO NORTH SUBURBAN YMCA TO HELP  
MORE PEOPLE ACHIEVE HEALTHIER LIFESTYLES.**

**Northbrook, IL** PepsiCo, one of the worlds largest food and beverage companies has awarded the North Suburban YMCA a grant for \$2,500 in support of health and wellness programs related to Activate America<sup>®</sup>, a long-term initiative designed to strengthen and promote the YMCA's abilities to help more Americans live healthier lives.

Specifically, the grant money will be used to provide assistance to the Y's special needs fitness classes as financial support for participating families. The North Suburban YMCA prides itself in not turning individuals away because of an inability to pay for programs.

This grant is one of 400 that PepsiCo is allocating to YMCAs around the country, for a total gift of \$1 million for 2009.

"We are very grateful for PepsiCo's support of our healthy lifestyle initiatives," said Bryan Pumphrey, the Y's Associate Executive Director. "Working together, we have tremendous potential to encourage special needs individuals to become more physically active in a setting designed to enhance emotional and social growth."

Activate America is the YMCAs response to our nations growing health crisis. The YMCA is redefining itself and engaging communities across the country to better support Americans of all ages who are struggling to achieve and maintain well-being of spirit, mind and body. Activate America is making healthy living a reality for millions of Americans by: helping YMCAs better support individuals who continuously try but are unable to sustain a commitment to healthy living; helping YMCAs to reduce community barriers and increase community supports for healthy living; and helping YMCAs collaborate across public, private and not-for-profit sectors to make an impact on the nations health crisis.

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North Suburban YMCA • 2705 Techny Road • Northbrook, Illinois 60062  
847-272-7250 • fax: 847-272-7587 • [www.nsymca.org](http://www.nsymca.org)

Our mission: The North Suburban YMCA promotes values that build strong families and the health of each individual's spirit, mind and body in an inclusive, welcoming environment.



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The North Suburban YMCA located at 2705 Techny Road in Northbrook has served area families for over 40 years. Their mission is to build strong kids, strong families and strong communities through family-focused programming accessible to all. For more information visit [www.nsymca.org](http://www.nsymca.org)

**ABOUT YMCA ACTIVATE AMERICA®:** YMCA Activate America builds upon the YMCAs 155-year track record of pioneering efforts that respond to timely societal needs in this case, Americas health crisis. Launched in 2004, YMCA Activate America is an ambitious public health initiative that is making healthy living a reality for millions of Americans by directly helping individuals and families live healthier lives, and helping YMCAs lead their communities and the nation to reduce barriers and increase supports for healthy living. Expert advisors to the YMCA on this initiative include: Harvard University School of Public Health, Stanford University School of Medicine, The Centers for Disease Control and Prevention, Steps to a Healthier U.S., Robert Wood Johnson Foundations Active Living by Design, the Chronic Disease Directors, and others. Visit [ymca.net/activateamerica](http://ymca.net/activateamerica).

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**Photo Caption:** *Pepsico's Grant will be used to help fund the North Suburban YMCA's special needs fitness classes .*

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