



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**NSYMCA Hosts Annual Healthy Kids (and Dogs)
5K Run/Walk on May 14**

Northbrook, IL: April 2022 – In celebration of Healthy Kids Day, the YMCA’s national initiative to improve the health and well-being of kids and families, the North Suburban YMCA will hold its fifth annual 5K Run/Walk on Saturday, May 14. The 5K race will start and finish at the Y located at 2705 Techny Road in Northbrook.

Healthy Kids Day is the Y’s largest single-day event promoting the health and wellbeing of kids and families. New this year, the 2022 5K Run/Walk has no age minimum or maximum for participants, and leashed dogs are welcome to attend. Community members are encouraged to make Healthy Kids Day a family activity by including their children, parents, grandkids, grandparents, or pets.

“The Y is all about making fitness fun and accessible for everyone at any age or ability. We are also excited to have people walk their dogs during the race so we can keep all our loved ones active and healthy. Our mission is to offer our community the most rewarding activities that inspire kids and their families with routines that support their mental and physical health and wellbeing,” said the North Suburban YMCA’s CEO Kathy Fielding.

The 2022 Healthy Kids Day sponsors include Northwestern Medicine, Illinois Bone and Joint Institute, and Wintrust Community Bank, and Allstate.

The 5K Run/Walk race which starts at 8am is professionally timed by J3 Timing and prizes will be awarded to the winners in the 18 and under and 19+ age categories. The race results will be posted online at www.nsymca.org. Participants who register by Saturday, April 30 will receive a free T-shirt. For complete details, including the timed race categories, visit <https://openy-nsymca.y.org/events/healthy-kids-day-5k-walkrun> or call 847-272-7250.

About the [North Suburban YMCA](#)

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Caption: The 5th Annual North Suburban YMCA Healthy Kids Day 5K Run/Walk will be held on Saturday, May 14.