



**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

NSYMCA Hosted Annual Healthy Kids Day 5K Run/Walk on May 11th

Race starter Congressman Brad Schneider delivered a passionate speech about being healthy and active

Northbrook, IL: May 2024 – 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 held its seventh annual 5K Run/Walk on Saturday, May 11.

Under blue skies and perfect weather, the event was hosted by Congressman Brad Schneider, who represents Illinois's 10th District in the United States House of Representatives. Schneider was the official race starter and he has regularly attended the Y's events for years.

"We couldn't have asked for better weather today, but we also couldn't have asked for a better cause," said Schneider as he started off the race that morning. "Today is about healthy kids, healthy life-styles, it is about making a choice to get up, get out and enjoy nature and exercise. It is about getting your heart beating, your mind thinking and keeping your spirit strong, which is what today is all about and that is what EVERYDAY at the Y is about," continued Schneider. "I am proud to be here at the Y to send you off on this important run."

Healthy Kids Day is the Y's largest single-day event promoting the health and well-being of kids and families. The NSYMCA 5K Run/Walk welcomed about 100+ runners, as well as leashed dogs. The event attracts people of all ages, as young as infants up to walkers in their eighties.

"The Y is about making fitness fun and accessible for everyone at any age or ability," said Kathy Fielding, NSYMCA CEO. "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 well-being,”

The 2024 Healthy Kids Day title sponsors this year include Allstate Insurance Company, Illinois Bone and Joint Institute, Waterway Carwash and Wintrust Community Banks. Other sponsors included Bach to Rock and Sunset Foods.

The race results are posted online at www.nsymca.org.

About the [North Suburban YMCA](http://www.nsymca.org)

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 7th Annual North Suburban YMCA Healthy Kids Day 5K Run/Walk was held on Saturday, May 11th with Congressman Brad Schnieder as the race announcer.



Caption: Congressman Brad Schneider joins the Y team at their Annual Healthy Kids 5k Run/Walk on May 11th. (Left: Congressman Brad Schneider, Kathy Fielding, NSYMCA CEO, and Kim Nyren, NSYMCA Director of Community Investment.



Caption: Hunter Sliwinski in his stroller, one of the youngest participants at the NSYMCA Healthy Kids Day 5k Run/Walk held on May 11, 2024



Caption: The runner with the fastest time at the NSYMCA Healthy Kids Day 5k run/walk shows off his trophy.



Caption: Kylie Hatfield, age 11, runs at the NSYMCA Healthy Kids Day Run/Walk held on May 11, 2024



Caption: A participant poses with her dog at the NSYMCA Healthy Kids 5k Run/Walk held on May 11, 2024



Caption: The Weller Family walk together in the NSYMCA 7th Annual Healthy Kids day 5k walk/run (Right: Steven, Rebecca and Leah Weller)