AMA YOUTH RUN CLUB

PARTICIPANTS

89% OF COACHES REPORTED ENGAGING STUDENTS WHO ARE NOT TRADITIONALLY PHYSICALLY ACTIVE

91% OF STUDENTS REPORTED FEELING SUPPORTED TO MAKE HEALTHIER DECISIONS

73% OF COACHES REPORTED THE CLUB LEADING TO POSITIVE CHANGES IN STUDENT BEHAVIOUR

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RUNCLUB@EVERACTIVE.ORG
@AMAYOUTHRUNCLUB

SUPPORTED BY:

ALBERTA MEDICAL ASSOCIATION

Ever Active Schools

Physiotherapy Alberta

 Alberta Medical Association
GOAL
TO GIVE YOUTH A CHANCE TO BE PHYSICALLY ACTIVE AND LEARN ABOUT HEALTHY LIFESTYLES.

SUITABLE FOR ALL LEVELS OF RUNNERS OR WALKERS, BEGINNER TO EXPERIENCED. PARTICIPANTS LEARN ABOUT PROPER PACING AND PROGRESSION TO EXPERIENCE SUCCESS.

THE PROGRAM
- FREE, FUN & FLEXIBLE SCHOOL-BASED PROGRAM
- GROUPS RUN TOGETHER ONE TO FIVE TIMES PER WEEK BEFORE SCHOOL, AT LUNCH, AFTER SCHOOL OR AT RECESS
- RUN FOR A SEASON OR YEAR-ROUND
- SUPPORTIVE RESOURCES INCLUDING HANDBOOKS, RUNNING LOGS, VISITS FROM COORDINATORS, GUEST TALKS FROM LOCAL PHYSICIANS AND BI-WEEKLY NEWSLETTERS

THE PARTICIPANTS
- STUDENTS K-12 ACROSS ALBERTA
- GROUP SIZE CAN RANGE FROM JUST A FEW TO MORE THAN 100

THE COACHES
- COACHES CAN BE SCHOOL STAFF, PARENTS, STUDENT LEADERS OR COMMUNITY MEMBERS
- AN OPPORTUNITY TO BE ACTIVE, VOLUNTEER WITH A SCHOOL COMMUNITY, MENTOR STUDENTS AND BE A ROLE MODEL