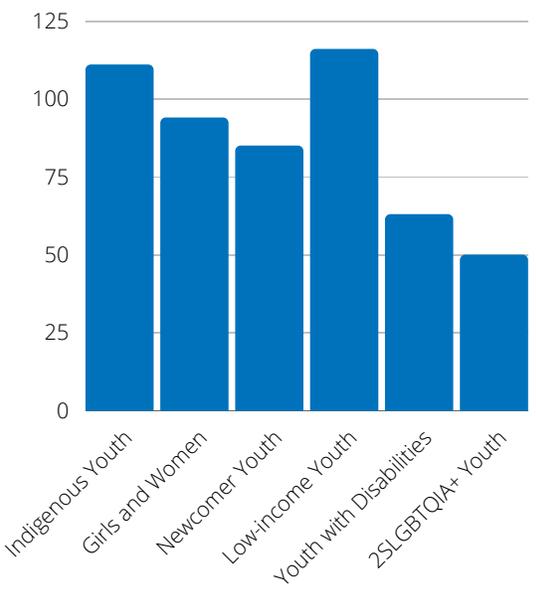




ALBERTA MEDICAL ASSOCIATION YOUTH RUN CLUB

The AMA Youth Run Club is a free, flexible, and fun program designed to increase physical activity in children and youth by providing schools and champions with the needed resources and supports to run programs in their own settings. 2022/23 marks the 10th year of the program and the partnership between Ever Active Schools and the Alberta Medical Association and our generous sponsors Alberta Blue Cross and MD Financial Management.

AS REPORTED BY COACHES, THE AMA YRC SUPPORTS THE FOLLOWING PRIORITY POPULATIONS:



22/23 BY THE NUMBERS

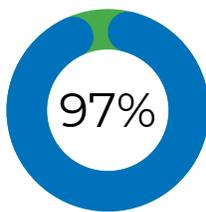
- 300 AMA Youth Run Clubs
- 20,400 children and youth participants
- 20 First Nation Schools
- 24 GO! Clubs
- 46 Walking Champion Clubs
- 69 Fun Runs Across Alberta
 - over 16,000 participants!





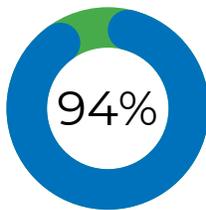
WHEN ASKED WHAT IS THE GREATEST SUCCESS OF YOUR RUN CLUB COACHES REPORTED:

- Other teachers have told me they have some students whose highlight is to come to Run Club. Attendance is up on days we run!
- We have a third of our school participating in run club this year. The students endurance has increased significantly and the wigglers are more focused on run days.
- Students feeling like they are a part of something :)
- Having kids show up to after school activities that have typically never shown an interest.
- Students connecting again after covid restrictions
- Seeing some kids who aren't known for being active, participate whole-heartedly.
- Getting students active at the start of the day and prepared for the day's learning.
- Getting a diverse group of students out running. I love getting the "non-runners" out because they improve so much throughout the year and have an opportunity to be outside.



n=309

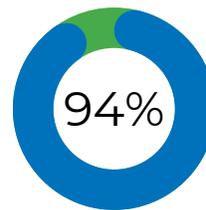
of participants responded that participating in the AMA YRC made them feel like they belong, like they are a part of something, and accepted for who they are.



n=309

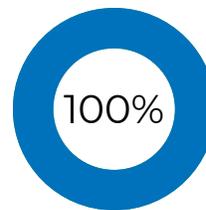
of participants responded that participating in the AMA YRC made them want to participate in more physical activity, sport and exercise.

When asked participants how the run club makes them feel they responded with the following:
happy, healthy, active, energetic, awesome, tired, excited, strong, amazing, welcomed, belong.



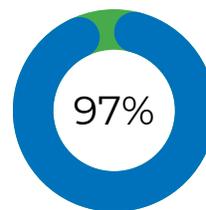
n=45

of coaches reported that the AMA YRC helped to engage students who are not traditionally physically active.



n=45

of coaches reported that they benefited from participating in the AMA YRC



n=45

of coaches reported that the AMA YRC helped them become more familiar and comfortable with how to advance well-being in their school.