

Know who to turn to



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July 18, 2005

Christine Steiger
President
Christine's Fitness and Personal Training
912 Yonge Street
Toronto, ON
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Dear Christine,

Thank you for your generous donation of **Four Gift Packages** to our first annual *Get Off Your Buttathon*. The event was a spectacular success, raising nearly \$80,000 from sponsorship pledges. Your gift provided incentive for participants to make healthy lifestyle changes and helped us to achieve our event goal.

The primary objective of the 5K event was to promote healthy living among families. Each 'K Stop' featured nutritious snacks and fun fitness-related activities such as ultimate frisbee, twister, basketball, volleyball and fly fishing. Our Wellness Expo featured four zones – nutrition, fitness, health and activity – to motivate participants to become informed and involved. With more than 40 exhibitors, parents sampled nutritious foods while kids participated in rock climbing, cycling and skateboarding activities. As the sounds of live music began to fade, families left feeling energized from a full day of fun.

Diabetes experts predict that one in three children born in 2000 will develop type 2 diabetes, primarily as a result of being overweight, inactive or generally unhealthy. The onset of diabetes can be delayed or prevented in as many as 58% of all cases through healthy lifestyle changes. *Get Off Your Buttathon* presented a forum through which families could learn about such healthy changes. Although additional initiatives are necessary to prevent increased incidences of type 2 diabetes, your donation made a difference.

Thanks to your contribution, families are one step closer to embracing healthy living. We appreciate your assistance and encourage you to share in our success and take pride in improving the lives of those who attended the event. If you have any questions or concerns, please give me a call at (416) 408-7149 or email at reema.kumar@diabetes.ca.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Reema Kumar'.

Reema Kumar
Development Associate