

For immediate release

CMA Honours Running Room president and founder John Stanton for Excellence in Health Promotion

Ottawa, August 11, 2010 – The Canadian Medical Association (CMA) announced today that Running Room president and founder John Stanton had received its Award for Excellence in Health Promotion. The award recognizes individuals and organizations from outside of the health sector who have made a significant contribution toward a healthy population and a healthy community.

“The CMA’s vision of a healthy population can only be achieved through the actions of individuals and organizations with a similar goal,” said CMA President Dr. Anne Doig. “We are therefore pleased to present the 2010 Award for Excellence in Health Promotion to Mr. Stanton, whose commitment to health, wellness and fitness, as well as his sense of community and social responsibility has positively impacted the health of Canadians.”

In recognition of his outstanding contribution to promoting physical fitness and active lifestyles, and for his support of many charitable groups, Mr. Stanton was recently appointed to the Order of Canada.

“Teaching people in a group environment to think like an athlete when it comes to their exercise and nutrition provides them the platform for a healthier life while building a sense of community with their circle of new friends,” said Mr. Stanton. “The real reward is watching the empowerment and delight brought to people when they discover exercise can be playful and enjoyable at any age. On behalf of all the team who share the vision of awakening the athlete hidden in many, our sincere thanks.”

Mr. Stanton is the author of several publications, including *Running Start to Finish and Walking: A Complete Guide to Walking for Fitness, Health and Weight Loss*, which demonstrate his belief in the importance of living a healthy, active lifestyle.

As well, he is the vice-president of Commonwealth Games Canada and an Honorary Lieutenant-Colonel of the Loyal Edmonton Regiment 4th Battalion of Princess Patricia’s Canadian Light Infantry.

The CMA Award for Excellence in Health Promotion will be presented in Niagara Falls on Aug. 25 at the Crowne Plaza Hotel during the CMA’s 143rd annual general meeting.

The CMA’s Award for Excellence in Health Promotion was introduced in 2003. For consideration for this award, nominees must have contributed to the improvement of health through health promotion actions, initiatives or increased public awareness. Additional information on the CMA Award for Excellence in Health Promotion including nomination forms can be found at <http://www.cma.ca/health-promotion>.

Previous recipients of this award include Elementary Teacher’s Federation of Ontario, the Club des petits déjeuners du Québec, Kids Eat Smart Foundation, MADD Canada – Mothers Against Drunk Driving, Blue Nose Marathon Organizing Committee, The Halifax Chamber of Commerce and the Federation of Canadian Municipalities.

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