



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

North Suburban YMCA Receives \$25,000 Grant from the UPS Foundation to Promote Youth Fitness

Northbrook, IL: June 2013 – The North Suburban YMCA has received a \$25,000 grant from The UPS Foundation, the charitable arm of UPS (NYSE:UPS). The grant will be used to help establish a Youth and Family Wellness Center at the Y, in order to fight the epidemic of childhood obesity and inspire a generation of youth to exercise regularly with their families.

The Y, which underwent major renovations in 2012, plans to transform an unfinished 800 square foot area of the facility into a dedicated youth fitness studio, with specialized equipment including an innovative TRX fitness system. The new Wellness Center will provide a central location for an expanding range of youth and family exercise classes, and also serve as a supportive destination that will attract and encourage young people and their families to become health seekers. In addition, the new Youth and Family Wellness Center will provide a home for the Y's ever growing special needs fitness program.

When added to the funds already committed from an existing \$150,000 challenge grant, and other funds raised for this purpose, the grant from UPS ensures that enough funding has been put into place to complete the Wellness Center as designed.

“We are extremely grateful for UPS’s support of this fundraising effort,” noted Howard Schultz, NSYMCA Executive Director/CEO. “Childhood obesity has risen dramatically in the last decade, bringing an increased risk of heart disease, diabetes, depression, and other catastrophic health consequences. It is vitally important for our community, and the entire nation, to improve the health and wellness of our young people, and The UPS Foundation has really stepped up to address this social problem.”

Established in 1951 and based in Atlanta, Georgia, The UPS Foundation identifies specific areas where its backing clearly impacts social issues. In support of this strategic approach, The UPS Foundation has identified the following focus areas for giving: nonprofit effectiveness, the encouragement of diversity, community safety, and environmental sustainability. In 2011, The UPS Foundation distributed more than

\$45.3 million worldwide, through grants that benefit programs and organizations like the YMCA and provide support for building stronger communities.

The UPS Foundation has established an inspiring track record in its support of the North Suburban Y. In 2012, the Foundation awarded \$25,000 to the Y to help make the building fully accessible to individuals with disabilities. UPS has also supported the Y's Strong Kids Scholarship Fund and Healthy Kids events. In addition, UPS Labor Relations Manager Jill Narens serves on the Y's Executive Committee, and has been on the Board of Directors since 2011. A two-time co-chair of the annual NSYMCA's Strong Kids Fundraising Dinner, Narens has been instrumental in enabling the Y to make its programs available to families in financial need. Narens herself presented the Foundation's grant check to the Y's Board President, Matthew Brennan.

"The UPS Foundation is honored to support the North Suburban YMCA's efforts to promote healthy living and fitness for all of our community's youth," said Eduardo Martinez, president of The UPS Foundation. "Our goal is to fund powerful programs that make a lasting difference to the global community."



Photo Caption: Jill Narens, right, UPS Labor Relations Manager, presents a \$25,000 grant check from The UPS Foundation to North Suburban YMCA President Matthew Brennan. The grant will help fund construction of a new Youth and Family Wellness Center at the YMCA.

About the North Suburban YMCA

The North Suburban YMCA is a not-for-profit entity and relies on donations to fund capital improvements and transform the facility. All board members are community volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served area families in its twelve-city region for over 40 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that meet the needs of our community and are accessible to all. For more information or to make a donation, call Howard Schultz at 847-272-7250, hschultz@nsymca.org, or visit www.nsymca.org.