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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Takes 4 Top Honors in 2019 “Best Of” Awards

The Y wins in Health & Fitness and Philanthropy Categories

Northbrook, IL, August 2019: The North Suburban YMCA received “Best Of” recognition in the 2019 Better Awards in the categories of Philanthropy and Health & Fitness, for a total of 4 awards. Top honors were taken in the Best Charity Walk/Run (Healthy Kids 5K), Best Fundraiser: Suburbs (Strong Kids Dinner), Best Fitness Classes: Suburbs, and Best Fitness Club: Suburbs. Presented by [Better Magazine](#) on July 23rd, the awards are determined by votes by readers.

It’s been a winning year for the NSYMCA. In April, the NSYMCA also took home 11 North Shore Choice Awards from 22nd Century Media for Best Camp, Sports Camp, Art Studio, Kids Birthday Party Venue, Bar and Bat Mitzvah Venue, Dance Studio, Fitness Center/ Gym, Personal Trainer, Spin Classes, Swim School, and Yoga.

Best Charity Walk/Run & Best Fundraiser: Suburbs

The North Suburban YMCA held its second annual 5K Run/Walk on Saturday, April 27th to celebrate Healthy Kids Day, the YMCA’s national initiative to improve the health and well-being of kids. The event included vendors, music, snacks, crafts, and a bounce house. The community was invited to run or walk the 5K course, and participants registered as individuals or as a team. A “Fun Run” was held for children age 10 and under, as well as for seniors over 65 years old, and for kids with special needs. Prizes were given to the overall finishers in youth age groups 19 and under and adults age 20+, and awards were be presented at the post-race awards ceremony.

The 13th Annual NSYMCA Ken and Alta Thiel Strong Kids Scholarship Fundraiser was held on April 12th at the Chevy Chase Country Club in Wheeling. This year, to commemorate the Y's 50th Anniversary Celebration, the 500 attendees experienced a new twist to the popular event, featuring a new venue with casino games, live entertainment, an all-night dining experience, and local celebrities from radio and TV. Organizers were thrilled with the results: the event raised a record-breaking \$340,000, netting \$270,000.

In the last thirteen years, the Strong Kids Fund has provided over \$3.3M to assist over 33,000 children, adults and seniors in the Y's 15 town service area. Each year, one out of five individuals at the Y – over 2,800 people – receive financial assistance through the Strong Kids Fund. The scholarship fund allows children and their families to participate in after-school programs, summer camp, life-saving swim lessons, older adult services, and other wellness activities for all ages.

Best Fitness Club: Suburbs & Best Fitness Classes: Suburbs

The NSYMCA's trained and knowledgeable staff provides members and program participants with an exceptional experience that will help members reach their health and wellness goals in a state-of-the-art fitness facility. The NSYMCA features three racquetball courts with free play, a modern strength training center, a track for all levels of users, full-sized gymnasium, six-lane pool, sauna, steam room, and whirlpool, and two floors of the latest in cardio, strength, free weights and circuit training equipment.

Fitness classes for members feature free unlimited group exercise classes with more than 60 offered weekly, including yoga, cycling, Pilates, TRX, cycle, Turbo Kick®, barre, Zumba, walking workout, and Les Mills BODYPUMP™. Beginning in the Fall of 2019, the Y is introducing a variety of new fitness and wellness programs including one-on-one nutrition coaching, chronic disease prevention, arthritis aquatics, weight loss behavior modification, Sports Management, and Bollywood.

“We are so pleased to receive this recognition, since it reflects the widespread attraction and enthusiasm for the NSYMCA from all over the North Shore,” notes Howard Schultz, President/CEO of the NSYMCA. “Our Y goes above and beyond to provide top quality programs and facilities for our community. Most importantly, the Y is available to everyone in the community, offering financial assistance to those who need it.”

Located at 2705 Techny Road in Northbrook, the NSYMCA serves 15 local municipalities with a full spectrum of classes, camps, and community events for all ages in its 80,000 square foot facility. For information about programs at the North Suburban YMCA, visit nsymca.org.

About the North Suburban YMCA

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming environment. For more information, visit nsymca.org.



Caption: The North Suburban YMCA received “Best Of” recognition in the 2019 Better Awards, for a total of four awards including Best Fitness Classes: Suburbs.

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