



NEWS RELEASE

FOR IMMEDIATE RELEASE

May 24, 2007

**Guinness World Record Holder Richard Takata *SPRINGS INTO WELLNESS*
Self-transformed Marathon Runner Commits to Helping Others**

Thursday, May 24, 2007

11:00 a.m. - 11:30 a.m.

**Yee Hong Centre - Scarborough Finch
60 Scottfield Drive, Scarborough**

(SCARBOROUGH) Today **Guinness World Record** holder, Richard Takata, shared his inspiring story and showed his amazing journey at Yee Hong Centre for Geriatric Care - Scarborough Finch. We celebrated with Japanese-Canadian Richard Takata on his accomplishment of completing seven marathons on seven continents in 29 days 16 hours 17 minutes, in February 2007, which smashed the previous Guinness World Record of 99 days in 1999. It was the first public appearance by Richard Takata with his Guinness Book of Record Certificate.

From barely walking up a flight of stairs without stopping to catch his breath, Takata took up running on a whim and decided to train to run a marathon. When Takata transformed his lifestyle from an over-weight smoker to a fit and health-conscious runner, he also committed himself to helping others. It was on New Year's Day in 1996 that Takata joined his sisters in a New Year's resolution to run their first marathon. As running became part of Takata's life, he successfully quit smoking and shed 50 pounds!

Yee Hong was pleased to announce Takata's participation in the upcoming **Spring Into Wellness** event on June 10 at the Yee Hong Centre - Scarborough Finch, where he will inspire our participants with his plan and fundraising efforts for **Marathons of Wellness**. Richard Takata promised to wear the **Spring Into Wellness** emblem and the Yee Hong logo while running marathons (not designated for other charities), to promote wellness and donate all proceeds of funds raised to the Yee Hong Community Wellness Foundation.

"Yee Hong views wellness holistically. Some of the components of this holistic approach are *Physical, Emotional, Intellectual* and *Social* wellness. I can tell you through my journey of quitting smoking, weight loss and learning to run marathons that I couldn't agree more with Yee Hong. I am honoured to be invited by Yee Hong to promote wellness and I am looking forward to participating in Yee Hong's **Spring Into Wellness** Campaign and raising funds to support wellness for the seniors and the community," said **Guinness World Record** holder Richard Takata. "Also I would like to thank Yee Hong for recognizing the Guinness Certification I received for running a marathon on each continent in the shortest time, and by this recognition supporting my event Power 2 Cure for Princess Margaret Hospital."

Spring Into Wellness is a month-long wellness campaign designed for people of all ages - to help themselves and others at the same time. **Wellness Month** (in the weeks and days prior to and including June 9 and June 10) also raises money for senior services and will culminate with the **2007 Yee Hong Family Spring Into Wellness** during the June 9 & 10 weekend. While participants focus on their physical, spiritual and emotional wellness, they will also exercise their social responsibility and *philanthropic wellness* and pledge funds to ensure Yee Hong services reach those who need it. For more information about the event or Yee Hong's continuum of care services, please see yeehong.com.

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