



For Immediate Release

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### **Band of Scarborough youth join Guinness World Record Runner for a good cause!**

SCARBOROUGH – Today, Scarborough teens made positive strides forward running alongside Richard Takata, Guinness World Record runner, in support of seniors at the 2007 Yee Hong Family Spring Into Wellness celebration.

"I am honoured to run with these great youth to promote wellness and raise funds to support Yee Hong seniors," said Guinness World Record holder Richard Takata.

Yee Hong seniors and others cheered Richard Takata and the youth from Anson Taylor Public School and Albert Campbell Collegiate Institute as they crossed the finish line and later joined in a celebratory Wellness Parade, led by a traditional Lion Dance. The day continued with good food, games and wellness activities such as Tai Chi Sword, Line-Dancing and Yoga.

"Yee Hong approaches wellness holistically - the 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," said Takata. Starting this weekend, Richard Takata will run 300 kilometres for the Marathons For Wellness and encourages supporters to join in by running or simply pledging a donation through Yee Hong's website at <http://www.yeehong.com>.

"This is an incredible event," said Pauline Tong, President of the Yee Hong Community Wellness Foundation. "Scarborough and our teens often get attention when things go wrong. And, generally, there is so much talk about childhood obesity and indifference these days. These youth are great and inspired. They ran with a Guinness World Record holder which is encouraging them to stay active and healthy, while also teaching them to commit to a worthy cause and to learn to respect their seniors."

People of all ages are inspired by Richard Takata who last February smashed the previous world record by completing seven marathons on seven continents in 29 days, 16 hours 17 minutes.

This year's Spring Into Wellness month was launched by Minister of Health Promotion Jim Watson on May 14, 2007 at the Yee Hong Centre in Scarborough and culminates with the wellness celebration this weekend, during Seniors Month. The annual fundraiser ensures the continued delivery of much-needed culturally appropriate services and care for more than 15,000 seniors in the GTA. For more information about the 2007 Yee Hong Family Spring into Wellness or Yee Hong's renowned continuum of care services, please see [yeehong.com](http://yeehong.com).

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