



1938 Huntington Drive  
South Pasadena, CA 91030  
Phone: 626.403.6000  
www.kids-on-the-run.com

## **FOR USE ANYTIME**

### **For More Information:**

Susan Benton  
Phone: 310.697.3488  
susan@bentoncommunications.com

## **KIDS ON THE RUN FACT SHEET**

**Established:** Kids on the Run was established in 2005.

**Mission:** Kids on the Run is an active nutrition program that is dedicated to empowering children, adolescents and their families through education, increased awareness and fitness training that influences, develops, and maintains healthy habits for life.

**Overview:** Founded by registered dietitian Wendy Crump, this eight-week program provides one-on-one nutrition counseling and fitness solutions tailored to each participant's strengths and unique challenges. A certified personal trainer leads fun, interactive small group classes two times per week and recommends additional activities each participant can easily incorporate into his or her weekly routine.

Throughout the eight-week course, Kids on the Run participants:

- Engage in supervised, designated program exercises one-hour per day, twice per week
- Take part in one additional hour of non-program, non-supervised exercise once per week
- Learn how to read and understand food labels.
- Learn coping strategies to shift emotional eating.
- Identify their own portion size based on their age.

**Founder:** Wendy Crump, B.S., R.D.

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