

Not Your Ordinary Dad, Chef, & Teacher

Scott Harrison
Professional Chef



Who:

Scott is a Father, Husband, and Chef by trade, teacher by vocation and for a hobby competes in International Ice Carving competitions.

Why I'm running for 'NSTEP in the Scotiabank Group Charity Challenge

As a chef I have always understood the balance needed between diet and exercise. Now as a teacher 'NSTEP gives us the opportunity to a holistic and necessary education for youth to have not just a healthy lifestyle but the understanding of how their food

and activity choices build their futures. Follow on Twitter: @GTcafecsd and @RSHiceman.

This is the story of 'NSTEP

'NSTEP EAT WALK LIVE professional development programs for schools means that schools build sustainability and capacity for healthier food and activity choices.

RUNNING: 5 km

GOAL: \$2,000

Our message is simple:

EAT more of the FOUR food groups
WALK more than before
LIVE longer and smarter!

'NSTEP is one of the Scotiabank 2013 official charities. Want to donate? Here's how:

1. Go to www.calgarymarathon.com and click on **Charity Challenge**.
2. Click on 'NSTEP under "2013 Official Charities".
3. Click **DONATE**.
4. Follow the website directions to complete your donation.

Thanks for supporting 'NSTEP!

Get in step with 'NSTEP and join the Scotiabank Calgary Marathon!

The Scotiabank Marathon has a race for everyone! Kids | 5km | 10km | 21.1km | 42.2km

1. Go to www.calgarymarathon.com and click on the yellow "Register" tab in the top right corner.
2. Scroll down and select your event - choose which length of race you will be doing!
3. Click on the "Charity Challenge" tab and select 'NSTEP as your charity.
4. Create your personalized user name and password.
5. Fill out your contact information and click submit.
6. Start raising money. Ask your friends, family, co-workers, and neighbours to support you as you invest in your own health with your run and the health of today's children and tomorrow's adults by supporting 'NSTEP.
7. Check out the prizes on the main Charity Challenge page to see what you can win for 'NSTEP if you are the keenest fundraiser!