



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### For Immediate Release

Contact:

Donna Gill Lisitano

Marketing and Communications Director

CENTRAL CONNECTICUT COAST YMCA

1240 Chapel Street, New Haven, CT 06511

P 203 777 9622 ext 2114 E [dlisitano@cccymca.org](mailto:dlisitano@cccymca.org)

## Central Connecticut Coast YMCA Branches Celebrate Healthy Kids Day® on April 26 Aiming to Help Kids Exercise Minds and Bodies

[New Haven CT, March 25, 2014] – On Saturday, April 26, the Central Connecticut Coast YMCA branches are holding free community events to inspire more kids to keep their minds *and* bodies active. YMCA's Healthy Kids Day®, the Y's national initiative to improve families' health and well-being, features games, healthy cooking demonstrations, arts and crafts and more to motivate and teach families how to develop a healthy routine at home.

YMCA's Healthy Kids Day, celebrated at nearly 1,600 Ys across the country, aims to get more kids moving and learning, so they can keep up the habit all summer long – a critical out-of-school time for kids' health. Research shows that without access to out-of-school physical and learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year.

"One in three U.S. children is obese. This statistic, coupled with the fact that once summer hits, children will be more idle, demonstrates why it's important to help families develop healthy habits now," said Christian Engle, Central Connecticut Coast YMCA Senior Vice President & COO. "As part of the Y's commitment to healthy living, through YMCA's Healthy Kids Day our goal is to improve the health and well-being of kids and inspire habits they can continue into adulthood."

In celebration of YMCA's Healthy Kids Day, the Y offers the following tips to help families develop healthy habits:

- **High Five the Fruits and Veggies** – Make sure kids get at least five servings a day, the minimum number nutritionists recommend to maintain healthy childhood development.
- **Foster an Early and Ongoing Passion for Books** – Read to and with your kids. Help children read at every age and every stage of their development.
- **Team Up for Athletic Events** – Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc.
- **Volunteer Together** – Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference.
- **Lead By Example** – Be a good role model – kids can be influenced by seeing how hard their parents work at home or on the job, and how rewarding that experience is.

The Healthy Kids Day takes place from 10:00 am to 1:00 pm at each of our branches:

**Branford Area:**

Soundview Family YMCA, 628 East Main Street, Branford CT 06405 P 203 481 9622 W  
soundviewymca.org

**Bridgeport Area:**

Bridgeport YMCA, 850 Park Avenue, Bridgeport CT 06604 P 203 334 5551 W bridgeportymca.org  
Ralphola Taylor Community Center YMCA, 790 Central Avenue, Bridgeport CT 06607 P 203 576  
7430 W rtccymca.org

**Fairfield Area:**

Fairfield YMCA, 841 Old Post Road, Fairfield CT 06824 P 203 255 2834 W fairfielddy.org

**Hamden/North Haven Area:**

Hamden/North Haven YMCA, 1605 Sherman Avenue, Hamden CT 06514 P 203 248 6361 W  
hnhymca.org

**Milford Area:**

Woodruff Family YMCA, 631 Orange Avenue, Milford CT 06461 P 203 878 6501 W  
woodruffymca.org

**New Haven Area:**

New Haven YMCA Youth Center, 50 Howe Street, New Haven CT 06511 P 203 776 9622 W  
cccymca.org

**Stratford Area:**

Stratford YMCA, 3045 Main Street, Stratford CT 06614 P 203 375 5844 W stratfordymca.org

**Trumbull/Monroe Area:**

Lakewood-Trumbull YMCA, 20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633  
W lakewoodtrumbullymca.org

**Valley Area:**

Valley YMCA, 12 State Street, Ansonia CT 06401 P 203 736 9622 W valleyy.org

For more information, contact the Central Connecticut Coast YMCA at 203 777 9622 or visit  
cccymca.org

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**About Us:** The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2013, the CCC YMCA served 87,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,441 children took advantage of the Y's instructional swimming lessons and water safety education programs; 46,304 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. With a team of social workers and an inventory of 415 apartments, the Y continued to serve as the largest provider of affordable and supportive housing in the state. The CCC YMCA also provided \$2.8 million in direct financial assistance to approximately 5,691 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622

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