



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Central Connecticut Coast YMCA's Healthy Kids Day® on April 25 Aims to Help Kids Stay Active and Keep Learning

[New Haven CT, 3/24/2015] – On Saturday, April 25, all Branches of the Central Connecticut Coast YMCA, are holding a free community event to inspire more kids to keep their minds *and* bodies active. YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families, features activities to motivate and teach families how to develop a healthy routine at home.

YMCA's Healthy Kids Day, celebrated at nearly 1,300 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. When kids are out of school, they can face hurdles – or gaps – that prevent them from reaching their full potential, related to hunger, water safety, learning, safe spaces to play, and health. Each year, the Y helps over 9 million youth nationwide “hop the gap” and achieve more, providing a safe to place to learn, stay healthy and build friendships.

“The Y is so much more than sports, swimming, gymnastics and a place for kids to hang out. We support families in their efforts to instill healthy habits at home,” said Christian Engle, Senior Vice President & COO, Central Connecticut Coast YMCA. “We know that it can sometimes feel like a challenge. So at Healthy Kids Day, we'll encourage kids to stay physically and intellectually active all summer long, and give families tips they can easily replicate at home. It's free and open to the community.”

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

- **Try, try, repeat** – There are many great tasting fruits and vegetables that many kids have never heard of, let alone tried. Grab a new fruit or vegetable and encourage everyone in the family to try at least a bite.
- **Play around town** – Challenge the family to play on a different playground every week. Identify playgrounds at a variety of parks; expand definitions of playgrounds to include nature trails, a nearby stream, and a bike path.
- **Families at play for an hour a day** – From walking to gardening, or swimming to shooting hoops, make playful movement a part of your family's day. To get 60 minutes of moderate activity throughout your day just add 10 minutes here and 15 minutes there.
- **Foster a passion for reading** – Read to and with your kids. Help children read at every age and every stage of their development.
- **Make sleep a priority** – Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining

our healthy immune system, metabolism, mood, memory, learning, and other vital functions.

The Central Connecticut Coast YMCA's Healthy Kids Day events take place at all our Branches from 10 am – 1 pm and feature fun, active play and educational activities.

YMCA's Healthy Kids Day is supported nationally by Humana.

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

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The Central Connecticut Coast YMCA is a charitable, not-for-profit, community service organization dedicated to putting Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The Y strengthens the foundations of communities and families through youth development, healthy living, and social responsibility in twenty-four towns and cities in the Greater Bridgeport and New Haven areas. Additionally, programs and services are offered through YMCA Camp Hi-Rock located in Mount Washington, MA.