



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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The Y Encourages Families to Address Healthy Living during Childhood Obesity Awareness Month

The Central Connecticut Coast YMCA offers healthy eating and physical activity tips to help residents live healthier.

[New Haven, CT, September 7, 2012] – September is National Childhood Obesity Awareness Month and the Central Connecticut Coast YMCA — a leader in youth development and healthy living—wants to help families understand the risks of childhood obesity and how to incorporate regular physical activity and healthy eating into their lives.

Childhood obesity rates have soared over the last few decades. Nationally, one in three children is obese or overweight. More alarming, obesity puts children at risk for chronic diseases often seen in adults, such as heart disease, high blood pressure and type 2 diabetes.

“At the Central Connecticut Coast YMCA, we want families to understand the risks of childhood obesity and the lifetime benefits of eating healthy foods and enjoying physical activity,” said David Stevenson, President & CEO of the Central Connecticut Coast YMCA. “Small changes can make a big difference when it comes to healthy living and the Y is a great place for families to get started.”

This health crisis sheds light on the need to provide children and parents with the resources and the support they need, emphasizing that small steps can lead to sustained changes to reverse the childhood obesity trend. The following tips can help families live healthier:

1. **Eat Healthy:** Make water the drink of choice (supplemented by 100 percent fruit juices and low-fat milk) and have fruits and vegetables available at every meal. Snack time should include foods that contain whole grains and lean protein instead of saturated and trans fats.
2. **Play Every Day/Go Outside:** Kids and adults should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of physical activity.
3. **Get Together:** At least once a day families should dine together, with kids involved in meal preparation and clean up. In addition, adults should spend one-on-one time each day with their kids.
4. **Reduce Screen Time:** Time spent in front of a television, computer, cell phone and video game should be limited to two hours per day.

5. **Sleep Well:** Kids and adults need to keep a regular sleep schedule—10-12 hours per night for kids and seven to eight hours for adults.

The Central Connecticut Coast YMCA offers many programs to help children and families remain physically active and eat healthy. To learn more, please visit our web site: cccymca.org, call us at 203 777 9622 or stop by any one of our branches.

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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 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 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