



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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FOR IMMEDIATE RELEASE

YMCA's Healthy Kids Day Offers Fun, Free Activities on April 25

Northbrook, IL: March 2015 -- On Saturday, April 25, the North Suburban YMCA is 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 such as wacky triathlon, scavenger hunt, cooking demonstrations, family fitness, water activities, and arts and crafts to motivate and teach families how to develop a healthy routine at home. The North Suburban YMCA's Healthy Kids Day takes place at 2705 Techny Road in Northbrook from 1:00 – 4:00pm and features fun, active play and educational activities guaranteed to get families moving and motivated.

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 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 water safety, learning, safe spaces to play, and health. Each year, the Y helps over nine 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 Howard Schultz, Executive Director and CEO of the North Suburban YMCA. “We know that it can sometimes feel like a challenge. So on Healthy Kids Day, we'll encourage kids and their parents 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 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.

For more information, contact the Y at 847-272-7250 or visit www.nsymca.org



Photo Caption: Come play on the WIBIT water obstacle course and participate in other fun-filled activities at the North Suburban YMCA’s Healthy Kids Day celebration on April 25.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social

responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.