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## **Hundreds to Join Greater Burlington YMCA for Healthy Kids Day** *17<sup>th</sup> Annual Event Helps Kids Stay Active and Keep Learning*

**For Immediate Release** -- Burlington, VT – This Saturday, April 29<sup>th</sup>, the Greater Burlington YMCA is holding a free community event to inspire more kids to keep their minds *and* bodies active. Healthy Kids Day is a national Y initiative to improve health and well-being for kids and families. Joining the Y will be community partners who, like the Y, are advocates for healthy living.

YMCA's Healthy Kids Day works to get more kids moving and learning, creating habits that they continue all summer long. Research shows that without access to out-of-school learning activities, kids fall behind academically – this summer learning loss is more pronounced among students from low-income families. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days.

Partners as varied as Shelburne Farms, ECHO, the Fletcher Free Library, Local Motion, and more, will join the Y for this fun-filled day. In addition to our community partner booths, activities for the kids will include demonstration Kids Yoga and Family Zumba classes, music, healthy snacks, open swim, a photo booth, face painting and more.

**Date:** Saturday, April 29th, 2017  
**Time:** 10:00 AM – 2:00 PM  
**Where:** Pomerleau Family Y, 266 College Street, Burlington  
**Cost:** **FREE FOR THE ENTIRE FAMILY**

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. And to keep kids' taste buds evolving, have

everyone in the family try at least one bite of a new fruit or vegetable at least once a month.

- **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.
- **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.

Locally, Healthy Kids Day, as with other Greater Burlington YMCA initiatives aimed at fostering youth development, is supported by its community partner, NorthCountry Federal Credit Union.

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***About the Y***

The Greater Burlington YMCA is a non-profit organization with a mission to build a strong community by involving youth, adults and families in programs and activities that develop spirit, mind and body. Last year, the Y awarded close to \$600,000 in financial assistance so everyone could access the Y's life enriching programs.