



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE

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It's a Play Date: YMCA's Healthy Kids Day™ Aims to Get Families Moving Through Play

COLORADO SPRINGS, CO – On Saturday, April 16, 2011 the YMCA of the Pikes Peak Region is encouraging all kids and parents in Pikes Peak community to come to the Y for a play date and commit to being active every day. It's all part of the YMCA's Healthy Kids Day™ – the nation's largest health day for families. Free events will take place at all Y's in the Pikes Peak region.

Briargate YMCA

Noon-2pm

Join the fun and take part in Pikes Peak BMX demonstrations, bike maintenance and safety. Plus there will be Nia, Yoga, Animal Kid Movement, RX Healthy Learning Brain food, Kumon tutoring, a bounce house and more. Memorial Hospital will also give car seat demonstrations as well as free nutrition information.

Downtown YMCA

Noon-2pm

Come check out the fire truck, Mini-movement and Tiny-Movement demos, fitness challenge and obstacle course for kids. Association childcare will also be on hand to offer a special game and healthy snack.

Garden Ranch YMCA

10am-Noon

Outdoor activities for the entire family will include several fun vendors, booths, and activities. Don't miss the opportunity to make your own trail/fruit mix, do a cool arts and crafts project, play outdoor sports and games, learn about good dental health and receive a free toothbrush, jump in the bounce house pirate ship and more.

Fountain YMCA

Noon – 1:30pm

Join the Fountain Valley Y for a martial arts demo, Kids' Zumba demo, arts and crafts, fun food facts, ping pong, and bowling.

- more -

Southeast Armed Services YMCA

Noon-2pm

Come play at the YMCA. We'll have tumbling activities, animalympics, sidewalk chalk art, hole-in-one, water balloon toss, water relay, pool safety and safe summer review with activity books, fun food facts, climbing wall and more. You will also have the opportunity to learn about several interesting organizations in our community.

Tri-Lakes YMCA

Noon-2pm

Come to the Tri-Lakes Y for an afternoon of jump castles, healthy snacks, face painting, fire and police officers, Paws from the Library, craft activities, summer pool and lake safety with the American Heart Association.

As a leading nonprofit strengthening community through healthy living, the Y holds Healthy Kids Day to teach healthy habits to kids and inspire a lifetime love of physical activity. At a time when one in three children in the United States are overweight or obese (according to the Centers for Disease Control and Prevention), developing healthier habits that include increased physical activity is more important *than ever*.

As part of Healthy Kids Day, the Y encourages families to make play dates everyday as a simple way to become healthier, more active and connected. The YMCA of the Pikes Peak Region recommends five simple activities families can do to play together:

- 1. Schedule a Game Night:** Play games with the kids that incorporate physical activity, such as Charades.
- 2. Dance, Dance:** Turn on your favorite party music and dance! Make this activity more fun with a dance contest.
- 3. Go Riding:** Find a new bike path or park for a fun afternoon outdoors; grab your helmets and go rollerblading or bike riding.
- 4. Channel Your Inner Youth:** Remember playing hopscotch, jump rope, Simon Says or freeze tag as a kid? Teach your favorite childhood game to your kid(s) and play them together.
- 5. Play Outside:** Visit your neighborhood park or camp out in your backyard for some outdoor fun. Get everyone moving with fun sports like soccer, basketball or baseball.

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About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide

opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.ppymca.org