



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FROST VALLEY YMCA

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## **FROST VALLEY YMCA PRESENTS "HEALTHY KIDS DAY"**

A FREE community event to educate and encourage healthy habits in kids

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CLARYVILLE — Families are invited to Frost Valley YMCA on Sunday, April 26 from 1-4 p.m. for **Healthy Kids Day**, a free, annual community event aimed at inspiring kids and families to develop healthier lifestyles.

**Healthy Kids Day** is the Y's national initiative to improve family health and well-being through games, healthy eating, arts and crafts, and more. Kids and parents can enjoy the fun, educational activities that Frost Valley offers year-round, such as a climbing tower, hiking, games, demonstrations, and other hands-on programs. The goal is to educate and motivate families to develop their own active, healthy routines at home.

Research shows that without access to out-of-school physical and learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. This is why **Healthy Kids Day** is celebrated at more than 1,300 YMCAs across the country.

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.
- 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.
- Lead By Example – Be a good role model – kids can be influenced by seeing how hard their parents work at home or on the job, and how rewarding that experience is.

### **About Frost Valley YMCA**

Frost Valley YMCA is a 5,500-acre camp in the heart of the forever-wild Catskill Mountains, just a couple hours north of NYC. Frost Valley is, at heart, a summer camp all year long, serving people through Camp, School Programs, Family & Group Retreats, and East Valley Ranch. Please contact us for story ideas on these or any of our other many programs.

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