FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROST VALLEY YMCA
FOR IMMEDIATE RELEASE: April 12, 2017

Frost Valley YMCA Hosts Healthy Kids Day

In Tandem with the Y's National Initiative, Frost Valley welcomes kids and families to develop healthier lifestyles.

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CLARYVILLE — On Sunday, April 30, Frost Valley YMCA will host **Healthy Kids Day,** a free, annual community event aimed at inspiring children and families to develop healthier lifestyles. The annual event takes place at 2000 Frost Valley Rd. in Claryville from 1-4 p.m.

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. Families can enjoy 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: To get more kids moving and learning, so they can maintain these habits all summer long – a critical out-of-school time for kids' health.

Healthy Kids Day is the nation's largest health day, bringing children and families together and providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun, healthy habits and shared interests. As a result, youth and families achieve greater health and well-being for their spirit, mind and body.

Photos and interviews are available upon request. Please contact Director of Marketing and Communications Amanda Hinski at AHinski@FrostValley.org

About Frost Valley YMCA
Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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