



YMCA of Northeast Avalon
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YMCA of Northeast Avalon participates in national YMCA Healthy Kids Day – June 2, 2013

(St. John's, NL) – On June 2, 2013, the YMCA of Northeast Avalon will join YMCAs across Canada in hosting YMCA Healthy Kids Day. Designed to help kids and families embrace healthy habits that can become a lifelong practice, this free community event will focus on fun and engaging activities, practical information and simple ways to be healthier in spirit, mind and body.

Across Canada, most children do not meet recommended levels of daily physical activity. Rising rates of obesity and related chronic disease tell us that getting kids active should be a top priority for parents, schools, and all Canadians. "Our children's health is very important to us. Our aim is to show families, children and youth that making healthy choices can be fun and easy," says Chris Roos, Chief Executive Officer, at the YMCA of Northeast Avalon. "And we hope the children and families who attend this event will share what they learn with their friends and other family members," adds Mr. Roos.

Although the YMCA models and incorporates healthy practices into its programs and activities for children and youth year round, YMCA Healthy Kids Day places special emphasis on teaching children and youth and their families about exploring healthy living habits that will make a difference throughout the year.

The YMCA of Northeast Avalon will be hosting YMCA Healthy Kids Day June 2nd, 10:00am-12:00pm, at Ches Penney Family Y, 35 Ridge Road.

Specific YMCA Healthy Kids Day activities at the YMCA of Northeast Avalon include: bouncer gym, indoor playground, family swim, street movement dancers and healthy snacks. All are welcome!

YMCA of Northeast Avalon is a charity dedicated to the health of individuals and communities. The YMCA of Northeast Avalon serves over 5000 people of all ages, backgrounds, and abilities through all stages of life. We offer our participants opportunities for healthy living, personal growth, and community involvement. In keeping with our commitment to inclusiveness and accessibility, the YMCA of Northeast Avalon offers financial assistance programs to members of our community with lower incomes. The YMCA in Canada is dedicated to the growth of all persons in spirit, mind and body.

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For further information, please contact:

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