



YMCAs of Newfoundland and Labrador Participate in National YMCA Healthy Kids Day – Thursday June 3 & Sunday June 6, 2010

St. John's – June 4, 2010 – On Thursday June 3 and Sunday June 6, 2010 the YMCAs of Newfoundland and Labrador will be hosting the third annual YMCA Healthy Kids Day together with YMCAs across Canada. Designed to help kids and families embrace healthy habits that can become a lifelong practice, these free community events will focus on fun and engaging activities, practical information and simple ways to be healthier in spirit, mind and body.

Between 2003 and 2006, the rate of obesity for children and youth in Canada increased 35.7%. “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, easy, and achieved by anyone,” says Sherry Thompson, Senior General Manager, Operations and Program Development at the YMCA-YWCA of Northeast Avalon. “We hope the children and families who attend this event will share what they learn with their friends and other family members,” adds Ms. Thompson.

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 their life.

The Exploits Valley YMCA will be celebrating YMCA Healthy Kids Day on Sunday June 6, 2010 at the YMCA, 13 Price’s Avenue from 12:30-3:30pm.

The YMCA-YWCA of Northeast Avalon will be celebrating YMCA Healthy Kids Day on Sunday June 6, 2010 at the St. John’s Y, 34 New Cove Road and Mount Pearl Y, 25 Holden Street from 9:00 – 11:00am.

The Humber Community YMCA will be celebrating YMCA Healthy Kids Day on Thursday June 3, 2010 at Majestic Lawn 6:30-9:30pm (bad weather venue will be Bennett Hall – West Street).

Kids and families are welcome to come participate at the Y in free healthy activities!

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