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FOR HEALTHY LIVING  
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**\*\*\*MEDIA ALERT/PHOTO OPPORTUNITY\*\*\***

**Tampa YMCA Helps Kids Charge into Summer with Healthy Habits**

**WHAT:** The [Tampa Metropolitan Area YMCA](#) is holding free community events to inspire more kids to keep their minds and bodies active all summer long. Healthy Kids Day®, the Y's national initiative to improve families' health and well-being, features games, healthy snacks, arts and crafts and more to motivate and teach families how to develop healthy routines at home.

YMCA'S health and well-being experts will be available to speak with media about the importance of keeping kids' bodies and minds active when out of school.

**WHEN:** Saturday, April 29, 10am-1pm

**WHERE:** [Click here for participating locations](#)

**PHOTO OP:** Photos/video of children and families competing together in races, dance competitions and more.

**WHY:** One in three U.S. children is obese, and when summertime hits, kids will be more idle. Research shows without access to out-of-school physical and learning activities, kids fall behind academically and gain weight twice as fast during summer than the school year. Healthy Kids Day will help parents begin thinking early about what their kids need to grow and achieve all summer long.

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