



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

For Immediate Release

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Tampa YMCA Invites Families to Take Charge During Free Healthy Kids Day® Events

Tampa, FL (Mar. 29, 2017) — On Saturday, April 29, the community is invited to free Healthy Kids Day® events hosted at nine Tampa Metropolitan Area YMCA locations from 10am-1pm. The goal of Healthy Kids Day is to teach healthy habits for kids and families, encourage physical and mental play and inspire a lifetime love of exercise.

When the school year ends, kids' physical and educational health worsens. Data shows kids fall behind academically every summer because they don't have access to learning opportunities. By fifth grade, lower-income children are two to three school years behind middle/upper-income students. In addition, the average child gains body mass index (BMI) nearly twice as fast during the summer as during the school year.

"At the Y, we believe charged up kids achieve amazing things. We see it all the time. When a child is healthy, happy, motivated and excited...watch out...because something amazing is inevitably going to result," says Communications Director Lalita Llerena. "As that child grows and fulfills their full potential, they will truly make the world a better place for everyone."

Healthy Kids Day is a free community event to help parents begin thinking early about ways to keep their kids both physically and intellectually active this summer. It is the largest event of its kind in the nation, taking place at over 1,600 Ys committed to taking on summer to address critical gaps in health and education.

As spring turns to summer, Healthy Kids Day is a powerful reminder that a child's development is never on vacation. The Y is here to educate families and motivate kids to stay active in spirit, mind and body throughout the summer. Each participating YMCA has more information on what type of free activities and food they'll offer during their Healthy Kids Day event.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven 4-star charity, strengthening Hillsborough and East Pasco communities for 128 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 150,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org