



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

**For Immediate Release**

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## **Tampa YMCA Wants to Awaken Summer Imagination at Annual Healthy Kids Day®**

*Free event encourages kids to stay active and keep learning all summer long*

**Tampa, FL (Mar. 30, 2018)** — On Saturday, April 21, the community is invited to free Healthy Kids Day® events at ten [Tampa Metropolitan Area YMCA](#) locations, including the new [Spurlino Family Y at Big Bend Road](#). Kids will be inspired to keep their minds *and* bodies active at the annual YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families.

Healthy Kids Day is an opportunity to ignite children's imaginations so that they can imagine what they'll accomplish this summer. Community members can expect fun games, healthy snacks, crafts and water activities to motivate and teach them how to develop and maintain healthy routines at home throughout the summer months.

Healthy Kids Day, celebrated at over 1,500 Ys across the country by over 1.2 million participants, works to get more kids moving and learning, creating habits that they continue all summer long. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows without access to out-of-school learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days. Instead, the Y wants families to focus on helping children imagine what they can accomplish over the summer.

"When a child is healthy, happy and supported they can make great things happen," says Communications Director Lalita Llerena. "We believe in the potential of all children, and we strive to help kids find that potential within themselves. A child's development is never on vacation and Healthy Kids Day is a great opportunity to educate families and motivate kids to stay active in spirit, mind and body throughout the summer."

[Each participating YMCA](#) has more information on the free activities and food they'll offer during their Healthy Kids Day event, which will **take place from 10am-1pm at all locations, except for the Spurlino Y which is from 9am-12pm and the Northwest Y which is from 10a-12pm.**

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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 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 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](http://www.tampaymca.org)