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YMCA Teen Leaders Lace Up Running Shoes To Fight Obesity

Tampa, FL (April 19, 2013) – Young, driven teenagers are on a mission to stop the cycle of obesity and promote healthier lifestyles in the Tampa Bay area. To help raise awareness, the Tampa YMCA Teen Leaders Club is hosting a 5K next month on **Saturday, May 18th at Fort De Soto Park.**

“This cause-driven event, planned and implemented by our very own Leaders Club across the Tampa YMCA is a great way to highlight our commitment to fight childhood obesity and challenge us all to address this epidemic,” said Cindy Sofarelli, senior group vice-president for the Tampa Y. “Teen Leaders are counting on us and so are the kids who are playing video games all day! Let’s get away from our desk and off the couch!”

The proud tradition of the YMCA Teen Leaders Club began in Boston, Massachusetts in 1885. Today there are hundreds of Leaders Club programs throughout the country. The Tampa Metropolitan Area YMCA is proud to offer the program to local teens to provide the ultimate experience in teen leadership and individual success. Leaders Club focuses on three main components: leadership development, service to others and physical fitness. In the program, students in grades 7 - 12 have the opportunity to meet new people, build new relationships, learn valuable skills, get involved in the community and learn what it truly means to be a leader.

What: Overrun the Fort – Teen Leaders 5K

When: Saturday, May 18th, 9am

Where: Fort De Soto Park, 3500 Pinellas Bayway S., Tierra Verde, FL 33715

Registration: www.tampaymca.org/leaders5k \$20 to sign up; \$5 discount to those who register by the end April with coupon code "YMCA" - All proceeds go toward the Teen Leaders Club. More information can be found at www.facebook.com/leaders5k.

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About the Y

The Tampa Metropolitan Area YMCA is one of the area’s leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 142,000 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