



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

FOR IMMEDIATE RELEASE

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Tampa YMCA's Healthy Kids Day® on April 25 Aims to Help Kids Stay Active and Keep Learning

Tampa, FL (Mar. 26, 2015) – On Saturday, April 25th, the [Tampa Metropolitan Area YMCA](#) is holding a **free community event** to inspire more kids to keep their minds *and* bodies active. YMCA's Healthy Kids Day®, the Y's national initiative to improve families' health and well-being, features fun and educational activities, such as bounce houses, fitness demonstrations, arts & crafts, water safety tips, healthy snacks, sports giveaways and more to motivate and teach families how to develop a healthy routine at home.

The [Tampa Y's Healthy Kids Day](#) takes place at **Curtis Hixon Waterfront Park** on 600 N. Ashley Drive **from 10am-1pm on Saturday, April 25th**. Entertainment will be provided by [DJ Jake Dela Cruz](#), 13, one of the most sought after DJs in the Tampa Bay Area.

YMCA's Healthy Kids Day, celebrated at nearly 1,300 Ys across the country, aims to get more kids moving and learning, so they can keep up the habit all summer long – a critical out-of-school time for kids' health. When kids are out of school, they can face hurdles – or gaps – that prevent them from reaching their full potential, related to hunger, water safety, learning, safe spaces to play, and health. Each year, the Y helps over 9 million youth nationwide “hop the gap” and achieve more, providing a safe to place to learn, stay healthy and build friendships.

“The Y is so much more than sports, swimming, gymnastics and a place for kids to hang out. We support families in their efforts to instill healthy habits at home,” says Communications Director Lalita Llerena. “We know it can sometimes feel like a challenge. So, at Healthy Kids Day, we'll encourage kids to stay physically and intellectually active all summer long, and give families tips they can easily replicate at home. It's free and open to the community.”

In celebration of YMCA's Healthy Kids Day, the Y offers the following tips to help families develop healthy habits:

- **Try, try, repeat** – There are many great tasting fruits and vegetables many kids have never heard of, let alone tried. Grab a new fruit or vegetable and encourage everyone in the family to try at least a bite.
- **Play around town** – Challenge the family to play on a different playground every week. Identify playgrounds at a variety of parks; expand definitions of playgrounds to include nature trails, a nearby stream, and a bike path.
- **Families at play for an hour a day** – From walking to gardening, or swimming to shooting hoops, make playful movement a part of your family's day. To get 60 minutes of moderate activity throughout your day just add 10 minutes here and 15 minutes there.
- **Foster a passion for reading** – Read to and with your kids. Help children read at every age and every stage of their development.
- **Make sleep a priority** – Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, learning, and other vital functions.

Page 2

YMCA's Healthy Kids Day is supported locally by Tobacco Free Florida *I Quit* with Area Health Education Center (AHEC) and Publix, and also supported by nationally by Humana. For more information, contact lalita.llerena@tampaymca.org or 813-224-9622, ext. 1240.

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About the Tampa 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 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