

## YMCA's Healthy Kids Day aims to help kids & families exercise minds and bodies

Written by George Browning  
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On Saturday, April 27, the Washington County Family YMCA celebrating YMCA's Healthy Kids Day® with a free community event that encourages kids throughout the community to get moving and learning, and families living healthier. Healthy Kids Day, the Y's national initiative to improve families' health and well-being, takes place at 1,900 Ys and kick-starts healthier behaviors now and throughout the summer, a critical out-of-school time for children's health.

Many U.S. children do not get the daily recommended hours of physical activity and reading, and daily amounts of healthy foods. According to the latest findings of the YMCA's Family Health Snapshot – a survey of parents that gauges their children's activity levels during the school year – only 19 percent of children get 60 minutes of physical activity, only 17 percent read books for fun, and only 12 percent eat at least eight fruits and vegetables daily.

“At the Y we know parents struggle to keep their kids physically and intellectually active every day. We want to help ensure fewer kids are at risk of childhood obesity and more kids excel in school,” said Cassie Summers-Corp, Youth Programs Director at the YMCA. “YMCA's Healthy Kids Day will get kids moving and learning while also helping families get a jump on creating a healthier summer, and ultimately a healthier future.”

Research shows that 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. On April 27, YMCA's Healthy Kids Day will help parents begin thinking early about what their kids need to grow and achieve all summer long.

The Y's Healthy Kids Day will take place from 10am to 1pm on Saturday, April 27th. The event features fun, active play and educational activities, such as Mommy and Me Yoga, family photos by Dowling Family Photos, Salute to Our Soldier activities, reading, nutrition lesson and much more! A complete listing of Healthy Kids Day activities can be found at [www.wcfymca.org](http://www.wcfymca.org).