

Families Invited to Fun, Free Day of Active Play and Resources for Healthier Living

Princeton Family YMCA Celebrates YMCA Healthy Kids® Day on April 18

April 1, 2009 – On Saturday, April 18, the Princeton Family YMCA invites the community to participate in YMCA Healthy Kids® Day, the nation's largest health day for children and families. YMCA Healthy Kids® Day includes fun, engaging and creative activities for children and families and promotes year-long wellness and healthy living. YMCA Healthy Kids Day events are free and open to all.

“As families struggle to balance life's daily demands and persevere during an economic downturn, it is important that we reach beyond our YMCA facility to the entire community,” says Kate Bech, Princeton Family YMCA CEO. “In Princeton and the surrounding communities, we've been doing this with the annual YMCA Healthy Kids® Day event for more than 10 years. Through this event, the Princeton Family YMCA and our partners have given our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family.”



William Dornbach (left), age 10, and Abigail Chapin (right), age 8, of the YMCA's afterschool program at Johnson Park Elementary School gear up for the Princeton Family YMCA's Strong Kids Triathlon, taking place on Healthy Kids® Day, Saturday, April 18, 12:00 pm to 1:00 pm.

YMCA Healthy Kids® Day will be celebrated across the country at more than 1,700 YMCAs. Last year, more than 700,000 attendees participated in YMCA Healthy Kids® Day events nationwide. This year's activities vary and will include exercise demonstrations, family fitness activities, health screenings, educational fun projects, nutritious food demonstrations and more. Educational take-home materials for parents will also be provided, including the 2009 Healthy Family Home Guide, *Playing as a Family in the Great Outdoors*.

This year, entertainment will include: a special musical performance by Penny and the Pinecone People, demonstrations by The College of New Jersey cheerleaders and dance team, construction projects with the Home Depot Kids Station and autographs by the Star Wars Fighting 501st Legion of Storm

Troopers and Rebel Legion. Arts and craft stations and a moon bounce will add to the fun. Free food and beverages will be provided. New this year will be a **Strong Kids Triathlon for children ages 3 – 12 beginning at 12:00pm**. Proceeds from the event will benefit the YMCA's *Strong Kids Campaign* which allows the YMCA to provide a wide range of programs and activities to families that cannot afford the cost. To register for the Triathlon, visit www.princetonymca.org or call 609-497-9622 x204.

In addition, the Princeton Family YMCA is proud to host representatives from Princeton HealthCare System who will offer health screenings, the Junior League of Princeton's *Kids in the Kitchen* program that will demonstrate healthy cooking and snacks for kids, Princeton Eye Group, that will conduct eye screenings, the National Police Defense Foundation, providing children's finger printing, and Mobile Dentists, who will provide dental screenings and cleanings for children and adults who are registered in advance.

YMCA Healthy Kids® Day is supported by the following national donors: Disney Channel's *Playhouse Disney*, Eli Lilly and Company, Huggies Little Swimmers Brand, Northwestern Mutual Foundation and Tropicana. YMCA Healthy Kids® Day is also supported by the American Cancer Society, American Diabetes Association, American Heart Association, Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors.

For more information about YMCA Healthy Kids® Day and the Strong Kids Triathlon, call the Princeton Family YMCA at 609-497-9622 x204 or visit www.princetonymca.org.

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The Princeton Family YMCA is a charitable organization dedicated to building strong kids, strong families and strong communities. For more information about YMCA programs visit www.princetonymca.org or call 609-497-9622 x204.