



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For Immediate Release – April 2016

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The Plainfield YMCA Aims to Bring Out the Wow! Factor in Local Kids During 25th Annual Healthy Kids Day®

Event helps kids stay active and keep learning all summer long

On Saturday, April 30, the Plainfield YMCA is holding a free community event to inspire more kids to keep their minds *and* bodies active. This year marks the 25th annual YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being for kids and families. The day-long event features activities such as water activities, golf and tennis instruction, basketball clinic, bounce house, health screenings, games, healthy snacks, arts and crafts to motivate and teach families how to develop healthy routines at home.

YMCA's Healthy Kids Day, celebrated at over 1,300 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, which is a critical time for kids' health. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school physical and 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 hopes to focus on wowing them with their potential and make this their best summer ever by staying active and learning.

"The greatest gift we can give our children is the gift of health. The Plainfield Y is committed to building healthier and stronger families in our community" said Elsie Jenkins, Membership Director at the Plainfield Y.

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

- **High Five the Fruits and Veggies** – Make sure kids get at least five servings a day, the minimum number nutritionists recommend to maintain healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month.
- **Foster an Early and Ongoing Passion for Books** – Read to and with your kids. Help children read at every age and every stage of their development.
- **Team Up for Athletic Events** – Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc.

- **Volunteer Together** – Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference.
- **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.

The Plainfield Y's Healthy Kids Day takes place at its main facility located at 518 Watchung Ave, Plainfield NJ 07060 (across from City Hall) from noon until 3 pm and is free. Parking is available on the street or in the lot accessible from 6th Street and Cleveland Ave.

For more information, contact Elsie Jenkins, Membership Director at (908)756-6060 or visit www.plainfielddy.org.

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About The Plainfield YMCA:

The Plainfield YMCA is a community-based, 501 (c) (3) nonprofit which has been providing housing and services to the community for over 138 years. The Plainfield YMCA, located at 518 Watchung Ave, Plainfield NJ has been operating in the City of Plainfield and surrounding towns since 1877 and serves the community with several youth oriented and emergency shelter programs. It is the largest non-profit in Plainfield impacting more than 2,000 youth, teens and families by providing a variety of high quality programs focused on youth development, healthy living and social responsibility.

As the leading nonprofit committed to youth development, the Y has a long history of encouraging and supporting children in building literacy, improving academic engagement and performance, skill building, accessing higher education, and employment training.

For additional information on the Plainfield YMCA please visit our website at www.plainfielddy.org or contact Ravenell Williams at (908)756-6060.