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ABINGTON YMCA MAKES “HEALTHY KIDS DAY”
A DAY OF FUN FOR THE ENTIRE FAMILY

PHILADELPHIA – April 12, 2007 – **The Abington YMCA joins thousands of YMCA’s across the country in celebrating “Healthy Kids Day” on Saturday, April 14th.** Healthy Kids Day is a national celebration of fitness initiatives designed for the entire family. The day is devoted entirely to family exercise and healthy eating. The event is free and open to the community.

Healthy Kids Day will be held from 10am – 2pm at the Abington YMCA, located at 1073 Old York Road in Abington. Activities scheduled for the day include: a Fitness Obstacle Course, Swimming, Nutrition Advice, Blood Pressure Screenings, Fire Prevention and Safety Demonstrations and a “Make Your Own Trail Mix” session. The first 250 kids to arrive will receive YMCA Healthy Kids Day T-shirts.

“At the YMCA, we believe that healthy lifestyles are crucial to children and all family members but that eating well and exercising should not be considered chores,” says Julie Swarts, executive director at the Abington YMCA. “Healthy Kids Day is a perfect time to introduce families to enjoyable exercise ideas and delicious and nutritious foods.”

Annually on Healthy Kids Day, the YMCA of Philadelphia & Vicinity reaches 12,000 residents from Philadelphia, Montgomery and Delaware Counties with information on how to be healthier in every aspect of life.

Located at 1073 Old York Road in Abington, the Abington YMCA provides quality programming and resources for youth, teens, adults and individuals with disabilities, including full-day and after-school child care, summer camp, youth sports, teen leadership and adult fitness. For more information about the Abington YMCA call 215-884-9622.

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