



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

**FOR IMMEDIATE RELEASE**

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## **Cook, Climb, Crunch & Compete at the Y's Healthy Kids Day®**

[WASHINGTON, APRIL 17, 2015] – On Saturday, April 25<sup>th</sup>, YMCA Anthony Bowen is holding a **free** community event to inspire DC families to keep their minds *and* bodies active. YMCA's Healthy Kids Day®, the Y's national initiative to improve health and well-being, features activities such as cooking workshops; obstacle courses; jump rope, hula hoop and limbo contests; kids yoga, zumba and aqua bootcamp; diabetes prevention risk tests; health snacks & screenings; rock climbing and more to help families develop a healthy routine at home.

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,” said Angie Reese-Hawkins, President & CEO, YMCA of Metropolitan Washington. “We know that 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 that 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.

YMCA Anthony Bowen's Healthy Kids Day takes place at 1325 W Street, NW from 10am-2pm. Also, in our YMCA kitchen, MeriTerese Racanelli, M.S., Food Scientist/Nutritionist from Goya Foods will answer questions and teach whats in food and how to cook for better health to help avoid high blood pressure, cholesterol, obesity and diabetes.

YMCA's Healthy Kids Day is supported by Children's National, Hillcrest Children & Family Center, the Inspired Teaching School, It Works, Meridian PCS, Wells Fargo and Zipcar, and also supported nationally by Humana. Come join us for a fun day of healthy food and fitness.

For more information, contact Jackie Dilworth at 240-593-5529 or visit [www.ymcadc.org/AnthonyBowen](http://www.ymcadc.org/AnthonyBowen).

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***About the Y***

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 22 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [ymcadc.org](http://ymcadc.org)

***About Goya***

Goya Foods, America's largest Hispanic-owned food company, in collaboration with The First Lady's Let's Move initiative and the USDA, launched the MyPlate MiPlato cookbook, Healthy, Tasty, Affordable Latin Cooking in 2012. and In 2015 Goya is launching the Goya MyPlate/MiPlato Healthy Celebrations cookbook to continue Goya's support of the national MyPlate campaign designed to help educate Americans on healthier eating.

Goya's MyPlate/MiPlato Healthy Celebrations cookbook is bilingual like the first cookbook and features 10 complete meal ideas for celebrations packed with 30 nutritious recipes from around Latin America and Spain – along with healthier Latin twists to American dishes. Each of the meals, USDA approved, incorporates all five basic food groups for a healthy, well-rounded diet: fruits, vegetables, grains, protein and dairy. The cookbook also includes nutritional information for every recipe, and easy-to-follow cooking tips. The fully-stocked pantry page showcasing Goya's nutritious ingredients will make building a healthy plate even easier. For more information, please visit [Goya.com](http://Goya.com).