



**West Valley Family YMCA Healthy Kids® Day**  
**Saturday, April 5<sup>th</sup>, 2008 from 8am-12pm**  
**18810 Vanowen Street, Reseda, CA 91335**

**Celebrate Healthy Kids, Families and Your Healthy  
Family Home with the YMCA**

250 Free soccer balls given to youth to promote healthy lifestyles!

The West Valley Family YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind, and body. YMCA Healthy Kids Day celebrates making fitness fun, and introduces kids to an array of YMCA programs and tools that teach healthy behaviors and healthy ways to play—an essential lesson in learning how to take care of themselves throughout their lifetimes.

Launching this year at YMCA Healthy Kids Day is **Healthy Family Home**, a program to help families in any community incorporate healthier habits at home. Funded by Eli Lilly and Company, Healthy Family Home focuses on practical, achievable lifestyle changes in the areas of family life where small changes can have the biggest impact—playing every day, eating healthy and family time. Pick-up a free Healthy Family Home Starter Kit at your YMCA's Healthy Kids Day event, or visit [www.healthyfamilyhome.org](http://www.healthyfamilyhome.org) beginning April 12<sup>th</sup> for a Starter Kit and additional information to help you feel supported in making important changes with your family.

YMCA Healthy Kids Day is part of [Activate America](http://www.activateamerica.org)®, an innovative public health initiative of the YMCA movement that is making healthy living a reality for millions of Americans. By celebrating health and wellness of young people through a variety of fun, physical activities, YMCA Healthy Kids Day encourages kids and families nationwide to stay active, connected and healthy.

The YMCA Healthy Kids Day event is celebrated annually. Activities at participating YMCAs will vary and may include games, sports, health screenings and more.

**Visit our West Valley website for more specific information:**

<http://www.ymcala.org/Branch/Webpage.aspx?ENT=73&ID=6436>

**Official Press Release for West Valley YMCA:**

[http://www.ymcala.org/Upload/Form/press\\_release-FINAL.pdf](http://www.ymcala.org/Upload/Form/press_release-FINAL.pdf)