



FOR IMMEDIATE RELEASE

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

PHILADELPHIA – April 12, 2007 – **The Northeast Family YMCA joins thousands of YMCA’s across the country in celebrating “Healthy Kids Day” on Saturday, April 14<sup>th</sup>.** 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 1pm – 3pm at the Northeast Family YMCA, located at 11088 Knight Road in Philadelphia.** Activities scheduled for the day include: Bowling, a Basketball Shoot-out, Mascots, Nutrition Information, Golfing and various Dance Performances. The first 50 kids to arrive will receive a free YMCA T-shirt.

“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 Paula Green, executive director at the Northeast Family 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 11088 Knight Road in Philadelphia, the Northeast Family 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 Northeast Family YMCA call 215-632-0100.

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