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

PHILADELPHIA – April 12, 2007 – **The Rocky Run 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 – 3pm at the Rocky Run YMCA, located at 1299 W. Baltimore Pike in Media. Activities scheduled for the day include: Group Exercise, Boat Races, Arts and Crafts, Hockey Shot and lessons on how to make a “Healthy Smoothie”.

“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 Andi Youndt, executive director at the Rocky Run 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 1299 W. Baltimore Pike in Media, the Rocky Run 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 Rocky Run YMCA call 610-627-9622.

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