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

PHILADELPHIA – April 12, 2007 – **The Ambler 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 1pm – 4pm at the Ambler YMCA, located at 400 North Bethlehem Pike in Ambler. The event will feature healthy snack-themed activities including: Melon Lifting, Strawberry Relay Races, Coconut Bowling, Potato Sack Races, Grapefruit Shot Put, a Carrot Hop and a Food Guide Pyramid Challenge. Local businesses will also be on site providing information about health, nutrition and safety.

“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 Jim Sheldon, acting executive director at the Ambler 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 400 North Bethlehem Pike, the Ambler 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 Ambler YMCA call 215-628-9951.

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