



YMCA
We build strong kids.
strong families, strong communities.

For Immediate Release
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YMCA of Hamilton/Burlington participates in national YMCA Healthy Kids Day – June 1, 2008

Hamilton / Burlington, Ontario – On June 1, 2008, the YMCA of Hamilton/Burlington is hosting its first annual YMCA Healthy Kids Day together with YMCAs across Canada. Designed to help kids and families embrace healthy habits that can become a lifelong practice, this free community event will focus on fun and engaging activities, practical information and simple ways to be healthier in spirit, mind and body.

Between 2003 and 2006, the rate of obesity for children and youth in Canada increased 35.7%. “Our children’s health is very important to us. Our aim is to show families, children and youth that making healthy choices can be fun, easy, and achieved by anyone,” says Jim Commerford, President & CEO, at the YMCA of Hamilton/Burlington. “And we hope the children and families who attend this event will share what they learn with their friends and other family members,” adds Mr. Commerford.

Although the YMCA models and incorporates healthy practices into its programs and activities for children and youth year round, YMCA Healthy Kids Day places special emphasis on teaching children and youth and their families about exploring healthy living habits that will make a difference throughout their life.

The YMCA of Hamilton/Burlington will be hosting YMCA Healthy Kids Day Sunday, June 1, 2008, 11:00 am – 2:00 pm, at YMCA Membership Centres in Hamilton, Burlington and Flamborough.

Specific YMCA Healthy Kids Day activities include:

- Bike Rodeo at the Flamborough Family YMCA and hosted by the Rotary Club of Waterdown, to focus on bike safety and skills – all ages
- Family Beach Volleyball and Basketball at the Ron Edwards Family YMCA in Burlington – all ages
- Sports, activities and more at the Hamilton Downtown Family YMCA – all ages

As a values-based charity dedicated to health promotion and healthy living, the YMCA of Hamilton/Burlington serves 107,589 people of all backgrounds, abilities and stages of life. The YMCA of Hamilton/Burlington’s mission is to help people achieve personal growth in spirit, mind and body through participation and service to the community. The YMCA offers many diverse programs including: licensed child care, employment counselling, health fitness & recreation, day and resident camping, leadership development, aquatics, academic assistance, international development and volunteerism.

- 30 -

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