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Blue Ash YMCA To Host Healthy Kids Day April 12 Free Safety, Nutrition and Exercise Activities For Children

On April 12th, the Blue Ash YMCA will be organizing free open-to-the-public energy-packed activities all designed to teach and encourage children about healthy and safe lifestyles. It's all part of the YMCA Healthy Kids Day, April 12 from 10:00 a.m. to 2:00 p.m., a celebration of spring for the whole family. YMCA branches throughout Greater Cincinnati will be holding similar activities for their neighborhoods.

The community-based safety, nutrition and health fair will feature booths, health tips, demonstrations, games, nutritious food, and more. Some of the activities include:

- ❖ **Healthy Snack Competition (grades 1-5):** Kids can draw, color, and label all of the healthy snacks they enjoy eating. Winners will be selected from each grade and have their plates on display at our YMCA for a week.
- ❖ **Get Active With Games (all ages):** Kids can participate in fun, physically active games, such as Doctor Dodgeball, Monkey Football, Octopus Tag, Zookeeper and more.
- ❖ **Healthy Snacks and Meal Planning(all ages):** Kids can participate in making their own healthy snack while learning how to make healthier options at home.
- ❖ **Obstacle Course(ages 3-9):** Kids can participate in a fun and challenging obstacle course to work on problem solving skills and learn how to succeed on their own.
- ❖ **Camp Search and Rescue(ages 6-12):** Kids can enjoy going through Camp Creekwood to hunt for mystery objects. (Will be inside if bad weather occurs)
- ❖ **Safety Demonstrations(all ages):** Kids can enjoy learning the different roles of firefighters and police officers while seeing the vehicles and equipment they use. (Will be canceled if bad weather occurs)
- ❖ **Alcohol and Drug Prevention(all ages):** Parents can receive information on how to teach their children the dangers of alcohol and drug abuse.

The Blue Ash YMCA is located at 5000 YMCA Drive. The phone number is 513-791-5000.

One of the largest health awareness days for children, more than 500,000 kids and families nationwide participate in YMCA Healthy Kids Day each year. The annual event is part of YMCA Activate America, a public health initiative.

"Healthy Kids Day is part of the YMCA's commitment to promoting an environment where children grow and thrive mentally, physically, and spiritually," said Donnie Kalb, CSCS, YMCA of Greater Cincinnati director of health and wellness. "It will be a lot of fun for the whole family."

For the one day, all YMCA of Greater Cincinnati branches will waive the entire initiation fee for all new members who enroll on Saturday, April 12.

About the YMCA of Greater Cincinnati

The YMCA is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons, teen achievers, college readiness, and job preparedness. With 60 locations, the YMCA of Greater Cincinnati is also the largest provider of child care programs, that in 2007, served nearly 10,000 kids on YMCA scholarships. The annual Strong Kids Campaign helps make that possible.

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