HEARTHSTONE TOWN AND COUNTRY

Date: Thursday, May 07, 2009
Location: RED HILL, PA
Circulation (DMA): 5,127 (4)
Type (Frequency): Newspaper (W)
Page: A16
Keyword: YMCA

On April 25, the Upper Perkiomen Valley YMCA provided an opportunity for kids and families to "Put Play in Their Day" by celebrating Healthy Kids Day. This annual event was held at the branch in Pennsburg and included free, fun, engaging and creative activities to encourage children and families to adopt a healthy lifestyle. The weather was beautiful for an outside one-mile fun walk that included YMCA pedometers to record their steps. Healthy snacks and drinks were provided after the walk followed by a parent–child yoga fitness class. Raffles including Monkey Joe's free admission passes and Juice Plus™ Gummie Vitamins finished out the day. The children were acknowledged for their commitment to health and received a certificate of participation and a Healthy Kids Day t-shirt. This is just one more way the Upper Perkiomen Valley YMCA is striving to bring opportunities of health and fitness to our friends and families of the community.

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PA-344
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