



PRESS RELEASE
For Immediate Release

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Healthy Kids Day is Saturday, April 20th

P R E S S R E L E A S E

The Free Community Event Aims to Encourage Children to be Physically Active and Bring Families Together

Glen Cove, NY (April 11, 2024) – The YMCA of Long Island announced today that Healthy Kids Day is on Saturday, April 20. The free community event will feature an assortment of healthy activities and excitement for the whole family including games, swim lessons, nutrition workshops, safety clinics and arts & crafts projects

“Healthy Kids Day is central to the YMCA’s mission of inspiring kids in our communities to live healthy and active lives,” said Anne Brigis, President and CEO of YMCA of Long Island. “Just 60 minutes of physical activity every day could help prevent serious health problems associated with obesity. Coupled with the social and emotional toll that the pandemic has taken on children and families throughout the region, it has never been more important to just get out and play and have fun.”

Get ready to join hundreds of Ys across the country to celebrate **Healthy Kids Day® on April 20th, 2024 Sponsored by Peanuts!** For decades, Healthy Kids Day has been addressing critical health and wellness issues facing families. Together, we will kick off summer and ask parents and children to pledge to stay healthy and active all summer long. Each of our Y branches curate a wide array of fun and exciting activities for their communities that are designed to inspire kids to get active while simultaneously teaching families how to develop routines that support mental and physical health at home.

According to the CDC, regular physical activity can prevent serious health problems associated with being overweight or obese, such as diabetes and cancer. In addition to burning calories and keeping blood sugar levels balanced, regular physical activity makes our bones and muscles strong, builds strength, relieves stress, and improves sleep and overall mental health. The YMCA of Long Island will be holding Healthy Kids Day Celebrations at each of its five YMCA branches, including Bay Shore, East Hampton, Glen Cove, Huntington and Patchogue.

Brigis shared, “For more than a century, we’ve been honored to serve as a pillar of hope and wellness for families and children in the Huntington area. In light of the challenges our community has faced, we’re thrilled to hold Healthy Kids Day throughout Long Island, providing a day for families to enjoy a day of fun for everyone.”

Healthy Kids Day provides all the ingredients for developing healthy, resilient kids. For more information about Healthy Kids Day, visit www.ymcali.org/hkd.

About the YMCA of Long Island

The YMCA of Long Island is a 501c3 nonprofit community-based service organization dedicated to improving the lives of children, teens, adults, and families through programs and services that nurture youth development, foster healthy living, and inspire social responsibility. Long Islanders learn to live their healthiest and fullest lives inside

the YMCA's located in Bay Shore, East Hampton, Glen Cove, Holtsville, Huntington, and Patchogue. For information and locations, [visit ymcali.org](http://visitymcali.org).

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