



YMCA

We build strong kids,  
strong families, strong communities.

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**PRESS RELEASE**

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**DUNELAND FAMILY YMCA HELPS FAMILIES ACHIEVE HEALTHY BALANCE IN  
STRESSFUL TIMES**

*YMCA Healthy Kids® Day Celebrated on April 18*

**FOR IMMEDIATE RELEASE:**

**CHESTERTON, IN** — At a time when American families face mounting challenges posed by a tumultuous economy, YMCAs continue to provide options for parents and kids to live happier and healthier lives. On YMCA Healthy Kids Day, YMCAs from across the country opened their doors to nearly 800,000 children, parents and community members for an event that celebrates healthy living, encourages families to embrace a more active lifestyle and introduces tools and strategies for making changes as a family. The Duneland Family YMCA joined in this celebration.

“The YMCA understands that many families in our community are really struggling to maintain balance in their lives,” says Kym Groceman, Executive Director of the Duneland Family YMCA. “Through YMCA Healthy Kids Day, we gave them an opportunity to have fun and be active as a family, as well as provided simple tools they can use all year long to make things a little better and a little less stressful.”

Managing stress through activities like those recommended at YMCA Healthy Kids Day has never been more necessary. The American Psychological Association reports that 46 percent of Americans feel significant worry when it comes to providing for their families’ basic needs, and anxieties like these take a hefty toll on both parents’ and kids’ well being.

To help families combat increased stress levels, YMCA Healthy Kids Day emphasizes regular physical activity, choosing nutritious food options and making time to connect as a family. Event participants were given resources from the YMCA for incorporating healthy living in their homes. Among the best changes you can begin making at home together are:

Involve the whole family in meal planning, preparation and clean-up  
Eat more meals together as a family  
Provide each child with one-on-one time every day  
Designate one night a week for walks, bowling, bike rides, roller skating or the park  
Serve fruits and vegetables at most meals; include a whole-grain or protein option with every snack

#### About YMCA Healthy Kid's Day Supporters

YMCA Healthy Kids Day is supported nationally by Disney Channel's Playhouse Disney, Eli Lilly and Company, Huggies Little Swimmers Brand, Northwestern Mutual Foundation and Tropicana. YMCA Healthy Kids Day is also supported by the American Cancer Society, American Diabetes Association, American Heart Association, Centers for Disease Control and Prevention, and the National Association of Chronic Disease Directors. For more information about YMCA Healthy Kids Day, visit [www.ymca.net](http://www.ymca.net).

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