

For Immediate Release
Media Contact: Lisa Desatnik, 513-984-5474

Kids Who Are Overweight Learn It's 'Fun 2 Be Fit' In Wellness Program at Blue Ash YMCA

Sure there are sedentary ways kids can spend their time, but the Blue Ash YMCA and Cincinnati Children's Hospital Medical Center want kids AND their families to realize its more 'Fun 2 Be Fit'. And building healthy lifestyles at a young age is imperative to long term wellness.

For children ages 8 to 13, the 'Fun 2 B Fit' Program with a session beginning in September, engages them three times a week in energetic games, group exercises and strength training. In a non-competitive environment, fitness trainers have designed activities to be so much fun, kids won't even realize they'll be doing their hearts good. Activities will be tailored to the age and capabilities of those enrolled.

The Program also includes weekly group meetings for parents with a registered dietician to learn strategies for making better food choices, select age-appropriate portions, develop nutritious eating habits, and learn skills to promote a physically active lifestyle. Adult education is an important component because parents have an influential role in creating a positive and supportive home environment.

Registration is \$75 per month for YMCA member families and \$125 per month for non-member families. Parents are welcome to exercise in the Blue Ash YMCA's fitness areas while their children are participating in the program. As with all YMCA programs, financial assistance is available to those who qualify.

Fun2BFit will be held at the Blue Ash YMCA, 5000 YMCA Drive in Blue Ash. To register or learn more, the public should call the Amanda Gier at the Blue Ash YMCA at 513-791-5000.

With more than 83,000 members across the Tri-State, the YMCA of Greater Cincinnati has grown to operate 111 program child care, CincyAfterSchool, and 21st Century Community Learning sites in addition to its 17 branches and summer camp locations. The YMCA of Greater Cincinnati 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. More information can be found at www.myy.org.

Cincinnati Children's Hospital Medical Center, one of the top five children's hospitals in the nation according to Child magazine, is a 475-bed institution devoted to changing the outcome for children throughout the world. Cincinnati Children's is dedicated to providing care that is timely, efficient, effective, family-centered, equitable and safe. For its efforts to transform the way healthcare is provided, Cincinnati Children's received the 2006 American Hospital Association-McKesson Quest for Quality Prize®. Cincinnati Children's ranks second nationally among all pediatric centers in research grants from the National Institutes of Health and is a teaching affiliate of the University of Cincinnati College of Medicine. The Cincinnati Children's vision is to be the leader in improving child health. Additional information can be found at www.cincinnatichildrens.org.