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**FOR IMMEDIATE RELEASE**

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## **YMCA Supports Children's Health Month**

ANAHEIM, Calif. — Join the Anaheim Family YMCA in observing National Child Health Day on Monday, Oct. 2, 2006. The annual observance, which dates back to 1928, calls on the nation to focus on issues related to children's development and well-being.

National Child Health Day is part of Children's Health Month, celebrated each year in October. In support of this month, the Anaheim Family YMCA offers the following tips to ensure children are keeping active each day. Experts agree that school-age children need to be moderately to vigorously active for a minimum of 60 minutes a day (Journal of Pediatrics, CDC, HHS).

- Limit the amount of time children spend in front of the television or computer to fewer than 2 hours per day. Research shows the more television children watch, the greater the chance they will be sedentary and overweight.
- Help children understand the importance of fair play, teamwork, sportsmanship and having fun. The Anaheim Family YMCA offers many programs that emphasize the value of good character and healthy living, including the award-winning Anaheim Achieves after-school program, Y Be Healthy, Youth Sports, Adventure Guides and more.
- Send your kids outside for playtime. Children who spend time outdoors are more likely to engage in playful physical activities, such as flying a kite, throwing a Frisbee, jumping rope or playing a game of tag with the neighbors.
- Plan family activities. Find ways for the family to be active together, such as taking a short walk after dinner, walking instead of driving to the store, riding bikes or swimming. Or gather the neighborhood kids together for a game of softball, kickball or soccer.
- Serve as positive role models for their children regarding physical activity. Children often learn by emulating adults they love and respect. Show your children how important it is to stay active by making it a priority in your life.

To find out more about Anaheim Family YMCA programs that promote good health and character, contact (714) 635-9622 or visit our Web site at [www.anaheimymca.org](http://www.anaheimymca.org).

*Celebrating its 95th anniversary this year, the Anaheim Family YMCA currently serves more than 10,000 kids and families in the Anaheim, Cypress, Stanton and La Palma communities.*

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