

# HEALTHY KIDS DAY KICK OFF

Each year the YMCA sponsors Healthy Kids Day. This year our event will be held on Saturday May 5th at Shopko Hall from 10am - 3pm.

Children and families will be able to participate in activities within four different areas: Nutrition, Physical Activity, Health and Education/Safety.

The event and the runs throughout the summer are completely FREE to everyone!



# KEEP THEM ACTIVE

## 2012 Y HEALTHY KIDS FUN RUN DATES:

**SATURDAY MAY 5th:** Shopko Hall  
Pre-Registration starts April 1st at any Green Bay YMCA center or call 436-9622.

Barcode: 52422

Day-of registration starts at 10am

Run starts at 12pm

**SUNDAY JUNE 3rd:** East Side YMCA

Barcode: 52423

Registration begins at 6pm

Run starts at 7pm

**SUNDAY JUNE 24th:** West Side YMCA

Barcode: 52424

Registration begins at 6pm

Run starts at 7pm

**SUNDAY JULY 15th:** East Side YMCA

Barcode: 52425

Registration begins at 6pm

Run starts at 7pm

**SUNDAY AUGUST 5th:** West Side YMCA

Barcode: 52426

Registration begins at 6pm

Run starts at 7pm

# RUN FOR FREE

## Run Information

### Age Categories & Run Length:

Ages 6 & Under: 1/4 or 1/2 mile

Ages 7 - 9: 1/2 mile

Ages 10 - 14: 1 mile

## Awards

- Refreshments will be offered after each run.
- T-shirts will be awarded to any runner that completes at least 3 of the 5 runs.
- A medal will be awarded to any runner that completes ALL 5 runs!

Remember, these runs are **FREE** to any child that wants to participate. So remember to get them registered, and keep them active.

**HEALTHY  
KIDS DAY®**  
A YMCA Initiative

## AMERICA'S GROWING HEALTH CRISIS:

Wisconsin youth are facing an epidemic that is not only impacting their health but is also proving to negatively impact learning and academic achievement as well. Childhood obesity has increased significantly in the past ten years. The increase is due in large part to the lack of physical activity and poor nutritional choices. We must work together within our community to encourage and provide opportunities for physical activity, and forge a new, positive link between the physical well-being, quality of life and academic performance of our children. If the trend of childhood obesity continues at this rate, this generation of youth will have shorter life spans than those of their parents. That is why it is so important to intervene early.

### CONTACT INFORMATION:

**For any questions about Healthy Kids Day or the Y Healthy Kids Fun Runs:**

**Tom Wyckoff**

Center Executive - Broadview  
436-9565

[tom.wyckoff@greenbayymca.org](mailto:tom.wyckoff@greenbayymca.org)

**Website:**

[www.greenbayymca.org](http://www.greenbayymca.org)



Membership for All helps to ensure that everyone belongs at the YMCA, regardless of income level.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEPING YOUTH ACTIVE

**GREEN BAY  
Y HEALTHY KIDS FUN RUNS:**

**May 5** (Launch)

**June 3**

**June 24**

**July 15**

**August 5**

