

COMMUNITY HEALTH

April 2013

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE FOR YOUTH DEVELOPMENT

SO OUR KIDS CAN MAKE THEIR DREAMS A REALITY

Change for GOOD. Helping our children live healthier, fuller lives.

With childhood obesity and diabetes rates increasing, it's not surprising that childhood nutrition is a growing area of interest in our country. The proof is in the facts: according to the USDA, greater consumption of fruits and vegetables is associated with a reduced risk of stroke and perhaps other cardiovascular diseases, certain cancers, and type 2 diabetes. Since the childhood years are an opportune time to establish healthy habits, families are starting to realize that setting a good example may be the key to encouraging a healthy lifestyle in our kids.

In our community, exposure to healthy year-round activities that stimulate the body and mind can be scarce. Even though summer is the best time for our kids to get up, get out and grow, research shows that kids are prone to gain more weight and fall behind in studies during the summer months.

In light of national initiatives to get kids moving, such as Michele Obama's "Partnership for a Healthier America", the Y has created Healthy Kids Day to encourage healthy living among our nation's youth. With over 1,900 Y's across the country participating, this event has become the nation's largest health day for families.

The goal of this event is to teach healthy habits to kids, inspire a lifetime love of physical activity, and promote healthy living opportunities throughout our Island community to families, not just at the Y. As in the old adage "It takes a village to raise a child," **the YMCA of Martha's Vineyard invites all community partners to participate with the common goal of creating healthy kids.**

Last year, our event brought in over 400 people from the community.

Representatives from Island organizations such as the FARM Institute, Island Grown Schools, Sassafras Earth Education, Vineyard Nutrition, Cape & Islands Red Cross, and many more participate by offering information and demonstrations on healthy activities for kids and families. Healthy Kids Day is sponsored by Mass in Motion of Martha's Vineyard; all activities are free and open to the public.

An annual event, Healthy Kids Day offers fun for the whole family, including family Zumba, yoga, dance, free swim assessments, water games, field games and relays, face painting, petting zoo, kids' hip hop, basketball skills & drill, water safety, family relay races, healthy food tasting, games, and more.

At the Y, we strive to provide opportunities for children to make smart life choices. Our year-round activities engage the entire family in pursuit of a healthier lifestyle. Thanks to the generosity of our donors and community, the Y Financial Assistance Program provides free programs including Special Olympics, Child Watch, FUSION, Alex's Place, Learn to Swim, 3rd Grade Water Safety, to the community, as well as financial assistance for membership, swim team, Camp Terra Mare, After School, and many more.

Join us in the effort to help our children live healthier, fuller lives and make a change for good. **Take the first step on April 27, from 11 - 2 at our 3rd annual Healthy Kids Day!**

If you'd like to collaborate with us on this event, contact Emily Galligan at ew@ymcamv.org.



OUR STORIES

"Olsen absolutely loves the child-care program, they love him and I love to work out so it's a perfect blend.



The magical part is when we are both finished, we get to take a dip in the beautiful indoor swimming pool. I have enrolled him for swim classes and he can't stop talking about how excited he is to learn how to swim. I am humbly blessed to be a member of our local YMCA, it has already brought us to a degree of happiness we have not been able to experience anywhere else together on this Island. Thank you so much for such a friendly, compassionate atmosphere where my son and I can play as one."

-Kristin Hall,
Financial Assistance recipient

UPCOMING ACTIVITIES

Friday Nights: Community Open Stage,
8pm \$5 @ Alex's Place

4/1-12: Boot Camp, 6 & 11:30am

4/4, 8, & 10: Half Day programs,
After School (grades K-5)
& Fusion (grades 6-8)

4/4: Program Registration
begins (members)

4/8: Prenatal Nutrition/Food
Safety During Pregnancy*
with Prudence Levy of
Vineyard Nutrition 5:45pm

4/13: Peace That Surpasses
Understanding* Drop-in
with Elliot S. Dacher, M.D.
of MV Hospital, 9:30am

4/13: Parent's Night Out 5-8pm

4/15: Program Registration
begins (non-members)

4/15-26: Boot Camp, 6 & 11:30am

4/26: Bonitos Race Night*

4/27: Healthy Kids Day* 11-2pm

4/29: Spring II programs begin

*Free community programs

View our full program guide
online at www.ymcamv.org!

WHAT DO 1,500 KIDS DO AT THE Y?

GROW.



YMCA OF MARTHA'S VINEYARD

SWARTZ FAMILY FACILITY

Home of Alex's Place

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This edition of Community Health recognizes our Financial Assistance Program sponsor The Boathouse Foundation



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