



NEWS RELEASE

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For Immediate Release

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Kosciusko Community invited to participate in America on the Move Week with the YMCA, Sept. 20-27, 2009

Week-Long Activities Promote Small Steps to Healthy Living

Warsaw, Indiana –The Kosciusko Community YMCA encourages members of Kosciusko County to participate in health and wellness activities during America On the Move Week with the YMCA, Sept. 20 through Sept. 27. More than 1,300 YMCAs will join with the America On the Move Foundation in this collaborative effort to improve the health of communities across the country.

The YMCA recognizes that maintaining a healthy lifestyle is critical to the nation’s efforts to combat the crisis of chronic diseases such as heart disease, cancer and diabetes – the leading causes of death in the United States. While such diseases are prevalent and costly, they are also often preventable through eating healthy and physical activity.

The YMCA and the America On the Move Foundation, a national nonprofit dedicated to improving health and quality of life, are working together to encourage individuals to take small steps to achieve and maintain healthier lifestyles. During America On the Move Week with the YMCA, families and individuals can participate in various activities that promote moving more and making smarter food choices.

Participants of all ages can go to their local YMCA to participate in free activities, such as free body composition testing, blood pressure readings, a running club, and a group bike ride. Even people who are not members of the YMCA can participate. On Friday, September 18, “Walk Across America,” a fitness incentive for YMCA members will start. Members will be able to mark their treadmill walking or running distance on a United States map hanging in the fitness center. Making their way across America, adult participants will walk 182.1 miles and youth will walk 90.05 miles in three months. On Monday, September 21, the YMCA will be offering free body composition testing and blood pressure readings from 5:00 a.m. to 10:00 a.m. and again from 4:00 p.m. to 6:30 p.m. Participants will need to fast for four hours before the body composition test. Tuesday, September 22, there will be a free running club meeting in the YMCA lobby at 6:15 p.m. The run will be for all fitness levels. On Wednesday, September 23, the Y will work with local farmers to share information on the value of eating non-commercial foods by walking over to the Farmer’s Market at the

fairgrounds. Meats, eggs, vegetables, honey and syrup will be discussed. Thursday, September 24, there will be a group bike ride outside at 5:30 p.m. for all fitness levels.

According to research by the America On the Move Foundation, making two small daily changes – taking 2,000 more steps (the equivalent of about a mile) and eating 100 fewer calories – can prevent the average annual weight gain of one to two pounds.

For more information, contact Stacy Thomas at 574-269-9622 x30 or stthomas@kcymca.org.

America On the Move Week with the YMCA is a partnership between the YMCA and the America On the Move Foundation. America On the Move is a national non-profit organization dedicated to improving health and quality of life by promoting healthy eating and active living for individuals, families, communities and society. PepsiCo is supporting this effort as a national supporter of YMCA Activate America and the National Presenting Partner of America On the Move Week with the YMCA.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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