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NEWS

YMCA hosts Healthy Kids Day on Saturday

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Figuring out how to keep children healthy can be as easy as a child's play.

From 10 a.m. to 2 p.m., April 4, the Kaufman County YMCA is hosting its Healthy Kids Day, an annual family event, at Forney Community Park.

The four-hour affair, features a fun run, bounce houses, face painting, healthy snacks and a drawing to win a free bicycle. Organizers say the festival-style outing has been around for more than two years and helps families kick-off an every day, year-long approach to wellness and healthy living.

According to Action for Healthy Kids, a public-private partnership of dozens of national organizations and government agencies, 32 percent of American children and adolescents are overweight or obese. The agency says poor eating habits and a lack of physical activity contribute to overweight and obesity, citing only 2 percent of school-aged children consuming the recommended daily number of servings from all five major food groups.

Locally, the Y and its partners say they hope to change that and Healthy Kids Day is just one step toward providing adults and children with information to make better lifestyle choices.

There's also a safety component with local law enforcement available to provide fingerprinting and educational presentations on sports safety and injuries.

Mike Atkins, executive director of the Y, says in these times, Healthy Kids Day is also an opportunity to help community members take their mind off daily stresses and focus on sustainable healthy lifestyle changes together as a family.

"As families struggle to balance life's daily demands and persevere during an economic downturn, it's important that we reach beyond our YMCA facility to the entire community," he said.

The Chick-Fil-A Cow will be on hand and healthy snacks and water are being provided by Walmart and Brookshire's.

Forney Community Park is located at 241 S. FM 148, between the FM 148/FM 1641 and FM 741 intersection.

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