



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
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www.nsymca.org

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FOR IMMEDIATE RELEASE

**North Suburban YMCA Strengthens Commitment to Healthy Families During
National Childhood Obesity Awareness Month**

Northbrook, IL: September 2015 – One of the most widespread and devastating health issues facing the nation today is also one of the most preventable: the epidemic of childhood obesity. Declines in physical activity coupled with poor nutrition and sugary foods has led to rates of obesity among young people near 30%. These children face a future shadowed by increased risks for cardiovascular disease, diabetes, cancer, and other life-threatening conditions.

In response to this health crisis, the US government recognizes September as National Childhood Obesity Awareness Month. 2015 marks the fifth anniversary of this designation, which rallies governments, schools, community service agencies, and individuals to become educated and involved in supporting children's health.

The North Suburban YMCA joins with Ys around the country to provide programs that encourage healthy, active lifestyles for kids and their families. From sports leagues to dance classes, swim lessons to youth-gear fitness classes, the North Suburban Y offers a wide spectrum of opportunities that make exercise fun. Tailored programs for children with special needs provide a positive foundation for this vulnerable population. Afterschool enrichment programs combine academic skill support with outdoor play, swimming, and other active pursuits.

"September is a perfect time for families to make a commitment to healthy living," notes Kathy Fielding, NSYMCA Membership Director. "With fresh programs starting for the fall, children have the chance to make new friends and build new activities into their schedules. At the Y, we create options that appeal to kids of all ages and set them on a road for lifelong health.

To learn about fall session programs for children at the North Suburban YMCA, visit www.nsymca.org.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 4 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.



Photo caption: Basketball clinics are just one way to keep kids physically active and fit at the North Suburban YMCA.