



MEDIA ALERT

Experts at YMCA of Greater Miami Prep Local Children for Back-to-School with Fitness and Nutrition Boot Camp

Wednesday, August 5th @ 10:00 AM

WHAT: Local children get a crash course in daily healthy living with a back-to-school boot camp that incorporates fun fitness moves and recipes for energy boosting lunches. Both are easy to do, even when juggling busy homework and afterschool activity schedules.

YMCA Fitness instructor will lead two groups of about 20 children in a youth boot camp class that will make fitness seem like fun and games. And, YMCA Nutrition Educators Monica Hernandez and David Palacios will provide tips for fast, healthy and kid-approved lunches to make at home to another two groups of about 20 children. The children will taste test recipes and make sample lunches.

About 100 children will participate in this event that will provide children and families with ideas on how to stay in shape and prepare their own lunches during these challenging economic times.

WHEN: Wednesday, August 5th @ 10:00 AM

WHERE: St. John the Apostle Catholic School (479 E 4 ST, Hialeah, FL 33010)

INTERVIEWS: YMCA Nutrition Educators and fitness experts are available for interviews in English and Spanish. They can provide tips and examples to help families all over South Florida get back-to-school healthier and fitter.

Local children can provide their feedback on lunch recipes and fun fitness activities.

MEDIA

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About the YMCA of Greater Miami

Founded in 1916, the YMCA of Greater of Miami is one of South Florida's oldest and largest not-for-profit organizations. With branches throughout Miami-Dade and upper Monroe County, the Y is committed to building strong kids, strong families and strong communities. Its scope of services includes youth sports,

aquatics, after-school, preschool and child care, summer camp, teen clubs, health and fitness programs, and membership. For more information about the YMCA of Greater Miami, call toll free 1-877-WOW-YMCA or visit www.ycamiami.org .