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Attn: News Desk

YMCA Helping Families get Fit

Grand Rapids, Mich. – The David D. Hunting YMCA located downtown will begin the second session of the YMCA Family Health Challenge April 26th from 5:30-7pm.

The Family Health Challenge is designed to help families learn healthy eating and exercise habits while bonding together as a family and learning to support each other in maintaining a healthy Lifestyle.

This challenge will consist of two sessions a week and will run for ten weeks. Families will have the opportunity to learn structured workouts pertaining to strength training, cardiovascular exercise, and flexibility as well as nutrition education from certified YMCA professionals.

If you are interested in more information please contact YMCA's Wellness Lead Specialist and NASM Certified Personal Trainer Deborah MacDonald 616-855-9544.

Background:

Founded in 1886, the YMCA of Greater Grand Rapids is composed of eight branches that serve 95,173 residents in the Greater Grand Rapids community. YMCA core programs include: aquatics, child care, family, health and wellness, leadership development, arts and humanities, service-learning, and youth/adult sports. All program curricula is structured to develop the YMCA's core values of Caring, Honesty, Respect, and Responsibility. The vision of the YMCA is to be the community leader in building strong kids, strong families, and strong communities. Visit www.gymca.org.

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