



# COLE CENTER FAMILY YMCA NEWSLETTER NOVEMBER 2017

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**Our Mission:** To put Christian principles into practice, through programs that build healthy spirit, mind and body for all.

## Hours of Operation

Mon-Thu 4:30am-10pm  
Friday 4:30am-8:30pm  
Saturday 6am-6pm  
Sunday 1pm-5pm

## Youth Development What is HEPA?

## Child Care Hours

Mon-Fri 8am-1pm  
4pm-7:30pm  
Saturday 8am-12pm  
Sunday Closed

**the Y** FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

### MODELING HEALTHY HABITS CHANGING LIFESTYLES

Healthy Eating & Physical Activity (HEPA)

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**A GENERATION IN NEED**

**80%** of U.S. children do not meet the minimum dosage of physical activity – 60 minutes each day.

Source: CDC



Children on average spend **7 hours a day** in front of some type of screen.

The current generation of children may be the first in 200 years to have a **shorter lifespan than their parents.**

The main culprit: obesity, caused by lack of physical activity and poor nutrition.

Source: New England Journal of Medicine

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**OUR COMMITMENT TO HEALTH**

With more than **9 million** children participating in our out-of-school time programs, **the Y has a responsibility to the families and communities it serves to address health concerns among children.** In 2011, Y-USA made a commitment to educate kids about healthy lifestyles, model healthy behaviors and cultivate environments that make healthy choices the easy choices.

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**CHOICES WITHIN LIMITS**

HEALTHY EATING & PHYSICAL ACTIVITY (HEPA) STANDARDS

The Y has expanded its longtime commitment to supporting healthy living by adopting the **HEPA standards**, a guide to implementing healthy eating and physical activity habits within Y early learning and afterschool programs.

  
Beverages

  
Family Engagement

  
Food

  
Screen Time

  
Infant Feeding

  
Physical Activity

By implementing the HEPA standards, we're providing the foundation for a healthier future by supporting kids, staff and families.

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**AS A CAUSE-DRIVEN ORGANIZATION**

the Y seeks to improve the health of youth in every community we serve. By implementing the HEPA standards in more than 2,700 Ys across the country, the Y is actively developing healthy habits in more than 700,000 youth. More than 90 percent of Y early learning and afterschool programs are formally committed to implementing HEPA.



**Developing healthy habits in more than 700,000 youth.**

**LEARN MORE**

Visit [www.ymca.net/HEPA](http://www.ymca.net/HEPA), or call 1-800-872-9622 to speak with a HEPA representative.

Discover [#HEPAChampions](#).

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# Healthy Living

## Staying Engaged



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STAYING ENGAGED



**Chance to win FITBIT or  
BEATS BY DRE ear buds!!**

### How to participate?

- Come to the Y and register for this FREE, members only opportunity!
- During these 10 weeks (Nov. 6th to Jan 15th) you will receive help to maintain your weight during the holiday season by getting tips, recipes, and encouragement to be successful!
- Registration deadline is Nov. 5th 2017, **SO REGISTER NOW!!**
- Based on how many times you use the Y will determine how many entries you will receive. See chart below:

10-20 scans (1 entry)

21-30 scans (2 entries)

31-40 scans (3 entries and receive a Y water bottle)

41-50 scans (4 entries)

50 + scans (5 entries)

# Social Responsibility

## SilverSneakers 25 years Celebration



# THANK YOU FOR OUR FIRST 25 YEARS!

Join us for a one-day event  
to celebrate you and all you  
have accomplished with your  
SilverSneakers benefit!

**COLE CENTER FAMILY YMCA**

700 Garden St, Kendallville, IN 46755

October 26th, 2017 @ 11:30 a.m.

To find hosted events in your area, visit


[www.silversneakers25.com](http://www.silversneakers25.com)

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## UPCOMING EVENTS

### YMCA Halloween Party!



 Like us on Facebook

Follow us on [twitter](#)

Take a Virtual  
Tour of the Y

View our Current  
Programs Brochure

**Thank you for subscribing to our newsletter! If you have any questions please feel free to contact us or visit our website [www.coleymca.net](http://www.coleymca.net).**

**Sincerely,**

**Cole Center Family YMCA**

