



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HELPING KIDS GROW

Healthy 'U' Program

The YMCA philosophy strives to develop the spirit, mind and body of each child. The YMCA Healthy 'U' program is a positive experience for every student as they learn the importance of keeping their body healthy by eating a healthy diet and exercising.

Our Healthy 'U' Program teaches children about nutrition; how to identify, practice, and adapt a healthy living habits. We also incorporate health-related fitness skills, and teach children the benefits of physical activity.

We use the curriculum C.A.T.C.H. (Coordinated Approach To Child Health), which is designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary-aged children.

Each group attends for six weeks with gym time and swim lessons. We can also come to your school for six weeks, or provide the program throughout the school year. Call Kristi, Youth Supervisor, for more information and scheduling. She's here to make your Healthy 'U' program a huge success, and loads of fun! YMCA bus is available if needed.

For more information on the C.A.T.C.H. Program, visit: www.catchinfo.org

Benton Harbor–St. Joseph YMCA Family Center

3665 Hollywood Road ▪ St. Joseph, MI 49085 ▪ 269-428-YMCA ▪ www.bhsjymca.org

