



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY U

## Coordinated Approach to Child Health

The YMCA of Eastern Union County has committed to offering the Healthy U program in the School Age Child Care Program. The Healthy U, C.A.T.C.H. program is designed to help combat childhood obesity in three ways:

**Physical Activity:** The C.A.T.C.H Curriculum is an evidence-based program that incorporates 30 minutes of moderate-to-vigorous physical activity. This program is designed for students at all levels and abilities, with an emphasis on non-elimination games to keep the kids moving and having fun. *The kids favorite games include: Dragon Tails, Automobile, and Frogs on a Lily Pad.*

**Nutrition:** The nutrition component focuses on how to identify, practice and adopt healthy eating habits to last a life time. The program encourages children to try new healthy food alternatives.

*The kids favorites include making: ants on a log and fresh fruit smoothies.*

**Family Involvement:** Provides families with information to better understand the Healthy U program as well as ideas and education that leads to a healthier home. In addition, parents are encouraged to participate in Healthy U activities with their kids.



### **For More information Contact**

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