



**The YMCA of Eastern Union County
Celebrates America on the Move Week
September 20th – 27th
Free One-Week Trial Membership Included**

The three Branches of the YMCA of Eastern Union County: Elizabeth, Rahway and Five Points, will celebrate America on the Move Week with the YMCA, September 20th – 27th, 2008. This event aims to motivate and mobilize thousands of Americans, nationwide, to take small steps towards a healthier lifestyle. Through this partnership with the community, America on the Move Week will inspire individuals and families to incorporate healthier living activities into their daily routines through "small steps" to get them active and moving.

America on the Move Week is a part of the YMCAs national initiative known as YMCA Activate America, which is rallying YMCAs across the country to further enhance their service and support to kids, adults, and families who want a healthier lifestyle, but struggle to do so. YMCAs nationwide will track both the number of people that participate in America on the Move Week, and the number of steps taken by individuals in these activities. The goal for America on the Move Week is to reach ten billion steps nationwide during this designated week.

The YMCA of Eastern Union County, will kickoff America on the Move Week, on Saturday 9/20/08 with a Fun Walk/Run at Warianco Park. The first 150 participants, who register for America on the Move Week, and attend the Saturday Fun Walk/Run, will receive a free pedometer, daily step tracking sheet, and T-Shirt. The pedometer is used to track total steps daily. Plus, all participants who return their completed tracking sheet by Friday 10/3/08 will be entered into a drawing to receive a complimentary \$100 gas card! Registration for the Fun Walk/Run, as well as the returning of the tracking sheet for the gas card drawing, can take place at any Branch. Not a member of the YMCA of Eastern Union County? Please enjoy a one-week, free trial membership, and join all Americans nationwide in achieving a healthier lifestyle. The free trial membership includes usage of the Pool (Rahway and Five Points Branch), Fitness Center (All three Branches), and participation in Adult Group Fitness Classes. Stop by any of the three Branches, take a tour, review facility scheduling, and begin taking the necessary steps in achieving a lifetime of health! The YMCA of Eastern Union County will host registration for America on the Move Week beginning Monday September 8th and ending Wednesday September 17th. For travel directions and information, visit the YMCA of Eastern Union County, on the web at www.ymcaeuc.org. Branch locations are as follows:

Elizabeth Branch
135 Madison Avenue
Elizabeth, NJ 07201
908-355-9622

Rahway Branch
1564 Irving Street
Rahway, NJ 07065
732-388-0057

Five Points Branch
201 Tucker Avenue
Union, NJ 07083
908-688-9622