



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE

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

(UNION, NJ) - The YMCA of Eastern Union County, with three branches located in Elizabeth, Five Points, and Rahway, is pleased to announce the celebration of America on the Move Week with the YMCA, September 20th – 27th, 2009.

America on the Move Week is part of the YMCAs national initiative known as YMCA Activate America. During America on the Move Week, YMCAs nationwide will track both the number of participants, and the number of steps taken by individuals in these activities. The nationwide designated goal for America on the Move Week is to reach ten billion steps!

“The YMCA of Eastern Union County is committed to helping individuals and families embrace the climb towards a healthier lifestyle.” said Tricia DiGiovanni, America on the Move Week Chairperson and Associate Branch Executive – Five Points Branch. “During America on the Move Week, it is the goal of the YMCA of Eastern Union County, to coach all individuals and families, that the achievement of a healthy lifestyle is a journey, not a destination. Each day, is another step, reach, and climb towards healthy living.”

Registration is now open to all! America on the Move Week is a free event, available to both Members and the greater community. By registering for America on the Move Week, non-members will also enjoy a free, one-week trial membership, from September 20th – September 27th, 2009. The free trial membership includes unlimited access to the Fitness Center and Adult Group Fitness Classes. The free trial membership also includes usage of the Pool (exclusive to Rahway and the Five Points Branch).

To celebrate the start of America on the Move Week, the YMCA of Eastern Union County will host a kick-off event on Saturday, September 19, 2009 at Bicentennial Park located on Tucker Avenue in Union, NJ. Activities will be available for adults and children and will include open walking/running, group exercise, games, music, healthy snacks, face painting, plus much more. The first 75 registered participants, per branch, who arrive to the kick-off event, will also receive a free pedometer, celebration bracelet, and step tracking tool.

Plus, there's more! Throughout the week, participants will track their daily steps or achieved activity through a tracking sheet available at the YMCA. Those who return their completed tracking sheet by Sunday, September 27 will be entered into a drawing for a complimentary 4-week personal training package. At various times throughout the week, the YMCA will also be

hosting 2 seminars at each branch. The topics will be “Stress Management” with Vipin Garg, MD – Trinitas Hospital and “Beating the Obesity Epidemic” with Karen Ensle – Rutgers Cooperative. Seminars are free and open to all. Contact your local branch for details and to register.

Join the YMCA of Eastern Union County, in our journey, our climb, to get America moving. For more information on the YMCA of Eastern Union County and/or America on the Move Week, please feel free to contact the Five Points Branch at (908) 688-9622. 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

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About YMCA of Eastern Union County: The YMCA of Eastern Union County is a not-for-profit community service membership organization working to meet the health and social service needs of the children, men and women. Committed to our mission of building healthy lives through programs that strengthen the spirits, minds & bodies for people of all ages, religions and cultures, the YMCA serves over 15,000 through three branches located in Elizabeth, Union (Five Points) and Rahway. All of our programs are tools the YMCA uses to achieve its vision of building strong kids, strong families and strong communities and to reinforce the YMCA’s core values of honesty, caring, respect and responsibility.

About American on the Move: America On the Move Foundation (AOM) is the leading non-profit organization fighting the obesity epidemic by providing consumer-focused solutions for individuals, families, organizations, and communities. Through its programs and outreach, AOM initiates and maintains meaningful and measurable individual, social, and environmental behavior changes that support healthy eating and active living habits in our society. AOM’s science-based programs provide the support and tools that help individuals of all ages manage weight effectively through energy balance. All programs are available at www.americaonthemove.org. For more information on the YMCA of Eastern Union County and/or America on the Move Week, please feel free to contact the Five Points Branch at (908) 688-9622. For travel directions and information, visit the YMCA of Eastern Union County, on the web at www.ymcaeuc.org. Branch locations are as follows: