



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A FOUNDATION FOR LIFELONG HEALTH

Kids thrive when their physical, cognitive and social-emotional development is nurtured. By creating more healthy choices, the Y's **Healthy Eating Physical Activity (HEPA) Standards** lay the foundation for a positive youth development journey.

YEARS 0-4



Tummy time develops muscles, encourages movement, and allows infants to experience a different perspective.

Efforts to improve children's health are more successful when the efforts are supported by the family.

BIRTH

GRADES K-5



When offering meals and snacks, providing fruits and vegetables will boost energy levels.

Family style servings of meals and snacks help kids learn table manners and develop social skills such as passing and sharing.

GRADES 6-8



Making water the primary beverage keeps kids hydrated, which is essential to proper muscle function.

By age 10, every hour of television toddlers watch is associated with lower academic achievement and reduced physical activity in middle childhood.

GRADES 9-12



Regular physical activity is linked to better academic performance and improved brain functions like better memory and longer attention.

Children who are physically active generally perform better on tests than less active peers.

AFTER H.S.



Proper nutrition helps children maintain a healthy weight and positive body image.

Eating more fruits and vegetables adds nutrients, reduces the risk of some types of cancer and chronic diseases, and helps maintain healthy weight.

CAREER

THE Y SEEKS TO IMPROVE CHILDREN'S HEALTH 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** so that all children reach their full potential. HEPA Standards are the foundation for healthier futures for all! Visit www.ymca.net/HEPA or call **800 872 9622** to speak to a HEPA representative.

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