



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE

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YMCA helps Oklahomans Step Up Healthy Lifestyles

OKLAHOMA CITY (October 19, 2009) — Oklahomans in the metro area collectively logged more than 38 million steps during America on the Move Week, a nationwide event encouraging individuals and families to make small changes toward developing lifelong healthy habits.

“The goal of America on the Move is to get our citizens to move more,” said Angela Jones, Director of Health and Wellness for the YMCA of Greater Oklahoma City. “Walking is an easy first step to improving healthy living and our participants proved that by surpassing our goal of 20 million steps.”

More than 500 people participated in the America on the Move kick off event at the Oklahoma City Zoo last month. Participants walked a mile and went on a health scavenger hunt. The Y also partnered with local businesses to provide health awareness activities through a variety of interactive booths.

“Our event showed Oklahoma families how small changes where they live, work, learn and play can lead to big success,” Jones said. “It’s an important message to get out in a state that is trailing behind the rest of the nation in terms of health.”

Oklahoma’s 2008 State of the State Health Report indicated that 30% of Oklahomans don’t participate in regular physical activity. Some of the barriers to exercise include lack of time, lack of confidence in getting started and perceiving that activity to be boring.

“The YMCA is committed to breaking down those barriers to get individuals and families moving together in fun and creative ways,” Jones said. “We have the resources, experience and knowledge to get Oklahoma moving in the right direction.”

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America On the Move Week is part of Activate America, the YMCA's response to the nation's growing health crisis. Through Activate America, the YMCA is redefining itself and engaging communities across the country to provide better opportunities for people of all ages in their pursuit of health and well-being in spirit, mind and body.

About the YMCA of Greater Oklahoma City

The YMCA of Greater Oklahoma City is a charitable, not-for-profit organization that serves children, families and adults of all ages, regardless of gender, race, abilities, or income. Major program areas include aquatic and water safety, youth sports, before and afterschool childcare, camping, health and wellness, teen leadership and community development. The YMCA served nearly 130,000 people in the greater Oklahoma City area last year. For more information please call (405) 297-7777 or visit www.ymcaokc.org.

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