



Central Coast YMCA

News Release

FOR IMMEDIATE RELEASE

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YMCAs Take 6.1 Billion Steps during America On the Move Week

Friday, November 6, 2009-- In 2009, more than 1400 YMCA's across the country, and the Central Coast, participated in America On the Move Week. Based on the 426 YMCA's reporting their steps to Y-USA, the YMCA movement mobilized more than 3.3 million people to take more than 6.1 billion steps in America On the Move Week events across the country.

Research shows that small, specific changes in food and physical activity can have a significant impact on health to effectively stop weight gain. America On the Move Foundation (AOMF) is a national nonprofit organization helping individuals, families and communities make positive changes to improve their health and quality of life.

The Central Coast YMCA has branches in Monterey, Santa Cruz and San Benito Counties and more than 24,000 people are involved in Y programs throughout the Tri-County Area. The YMCA is committed to providing programs to individuals on a sliding scale regardless of ability to pay. The YMCA builds strong kids, strong families and strong communities with programs designed to help people commit and demonstrate the values of caring, honesty, respect and responsibility. YMCA...Belong. Be Strong.