



**YMCA OF FLORIDA'S FIRST COAST**  
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# INSIDE THE TRIANGLE

Summer 2011 | Volume XI, Issue 1

FirstCoastYMCA.org

## STRENGTHENING THE FOUNDATIONS OF COMMUNITY



Over 200 kids participated in the Inaugural **FUNd** Run that happened at the Dye Clay Y during Healthy Kids Day on April 16.

# INSIDE THE TRIANGLE

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A recap of this year's event



**YDPP PILOT YEAR RESULTS**  
See how one participant's life was changed



**THE STORYBOOK COLLECTION**  
Our inaugural book drive was a huge success



**GENERAL MILLS SPARK GRANT**  
Keeping kids active at Tiger Academy

### PLUS

Meet our New President  
Annual Giving Campaign Progress  
Member Spotlight: Kimberly Lewis  
Go For Green!

For expanded content, visit  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)

*Inside the Triangle* is produced four times a year by the Communications Department of the YMCA of Florida's First Coast. If you would like more information on this publication, or any of the articles presented within, to subscribe/unsubscribe, or to go paperless with your subscription, please email [communications@firstcoastymca.org](mailto:communications@firstcoastymca.org) or call 904.296.3220.

## UPCOMING EVENTS

- › **I HEART ART**  
Our third annual art supply drive  
**August 15 - 29**
- › **FIRST DAY OF SCHOOL AT TIGER ACADEMY**  
Students return for our third year  
**August 22**
- › **FALL II SPORTS REGISTRATION**  
Public registration opens for flag football  
**August 26**
- › **FIRST COAST GAMES**  
The opening ceremony for our annual, three-month corporate challenge  
**September 8**
- › **SWAMPMAN 100**  
The Baker County Y hosts this unique cycling event  
**September 18**
- › **CHIP IN FOR CHARITY**  
A golf tournament at the Fleming Island Golf Club hosted by the Clay County Ys  
**September 30**
- › **GREEK FESTIVAL 5K RUN**  
A new partnership between the St. Augustine Y and the Greek Orthodox Church of St. Augustine  
**October 8**

## WE MADE IT A PLAY DATE

### Healthy Kids Day

We know that many parents struggle to find the time and resources to incorporate physical activity and healthy habits into their kids' daily routine. As a leading nonprofit for healthy living, the YMCA created Healthy Kids Day to bring parents and children together to celebrate and have fun, teach good health for families, encourage active play and inspire a lifetime love of physical activity. During this annual event, Ys across the country hold events and encourage parents to make play dates with their kids every day as a simple way to become a healthier, more active and connected family.

On April 16, families across the First Coast spent the day together participating in free events and programs that encouraged healthy habits, including a one-mile fun run, swim testing, water safety training and nutritional snacks provided by registered dietitians. Parents learned that including more physical activity in their child's day doesn't have to require extra money. Just a little fun.



TOP: Jaxson DeVille stopped by the Dye Clay Y to cheer on the kids during the race. LEFT: A children's xylophone band was showcased at the Winston Y. RIGHT: Kids at the Williams Y took a break from swimming to take part in indoor games.

## What fun is adding up at the Y this summer?

**2,277**

KIDS IN DAY CAMP PROGRAMS

**2,278**

KIDS PLAYING YOUTH SPORTS

**807**

KIDS CAMPING AT IMMOKALEE

**1,301**

KIDS IN "LEARN TO SWIM"

## MEET ERIC MANN

Our New President / CEO

The Y has always been the perfect fit for our new President and Chief Executive Officer, Eric K. Mann. With a career spanning 30-years with the Y, he has always believed that a good foundation for the young, and young-at-heart, is key in helping everyone experience a better life.



Prior to signing on with the YMCA of Florida's First Coast, he was the President and CEO of the Y in Pittsburgh for several years, and has served in various leadership roles with other YMCAs across the country, including Asheville, North Carolina; Los Angeles, California; and Charlotte, North Carolina.

In addition to serving on the national YMCA's Board of Directors and the International Committee of the YMCA, Eric organized and

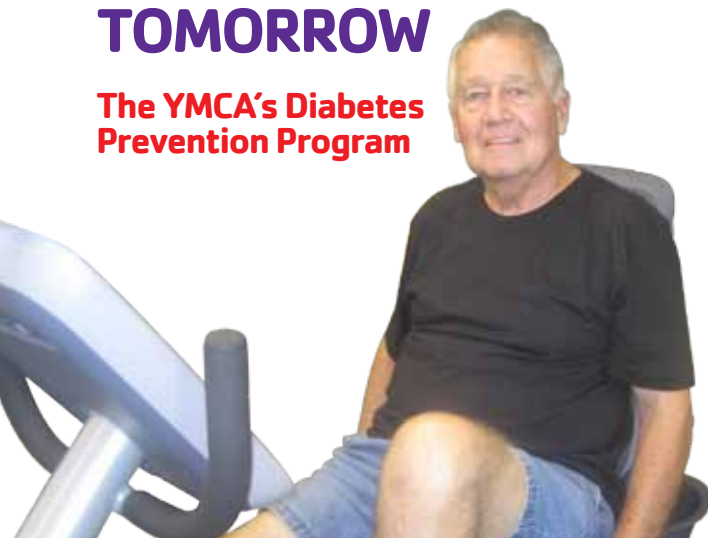
led a coalition of YMCAs to support the work of the YMCA of South Africa, in which eight YMCAs in the United States pooled their resources to provide strategic capacity-building solutions.

**"My personal mission in life is to help people."**

"My personal mission in life is to help people," Eric said, "and I look forward to aligning with others here on the First Coast who share that passion."

## PREVENTION TODAY FOR A HEALTHIER TOMORROW

The YMCA's Diabetes Prevention Program



One in three adults in America have prediabetes. That's 57 million people on a path to a diagnosis of type 2 diabetes within ten years - which then may lead to a host of other serious, and potentially life-threatening, health challenges. At the Y, we are focused on helping people showing prediabetic symptoms prevent or delay the onset of type 2 diabetes, before it's too late.

**1 in 3 Americans will be diagnosed with type 2 diabetes within 10 years.**

Jerry Richter, 78, joined our diabetes prevention program, which is part of the CDC-led National Diabetes Prevention Program, after finding out he was prediabetic. In our pilot year, trained lifestyle coaches guided Jerry, along with 60 other participants in small groups across the First Coast, in showing how they could make simple lifestyle changes to benefit their overall health. By eating healthier, increasing weekly physical activity and losing a modest amount of weight, this program has been proven to prevent or delay the onset of type 2 diabetes by 58 percent.

Jerry began the program at 203 pounds. After learning how to cook healthy meals and adding 400 minutes of physical activity each week, he finished the 16-session program at 179 pounds, a 12 percent weight loss. Jerry is a firm believer that it's never too late to change your life for the better.

## THE STORYBOOK COLLECTION RESULTS

Between April 18 - 30, members and guests of all ages had the opportunity to drop off new or gently used books for children in kindergarten through fifth grade at any of our YMCAs. This year, nearly 1,900 new and used books were donated to our first ever book drive. All of the books were distributed to the children learning and growing in YMCA READS! programs across the First Coast.

YMCA READS! seeks to close the gap in students' reading performance and the State of Florida's reading performance expectations. The program is limited to first and second graders specifically referred by the participating schools, and the primary focus of the programming is on improving students' reading grade level equivalency.



We collected nearly **1,900** books for READS!

We'd like to thank everyone who donated to The Storybook Collection. Your generosity and continued support helps us inspire imagination and success for children in our community.



Learn more about YMCA READS! and the need for books across the First Coast on our YouTube channel.



### GO FOR GREEN!

As part of our work in the areas of water safety and drowning prevention, our summer day campers are receiving free, one-on-one swim instruction through our "Go For Green!" Camp Swim Initiative. Last year, 5,824 campers became more confident swimmers and increased at least one swimming level. Stay tuned for this year's results in our next issue.

## JUMP START HEALTHIER FUTURES

Students at our charter elementary school, Tiger Academy, are the beneficiaries of a \$10,000 Champions for Healthy Kids grant from General Mills, which will completely change their physical education program. The Y was one of 50 national recipients selected from more than 1,100 to establish and support fitness programming for today's youth.

Over the last 30 years, childhood obesity rates have tripled. Since overweight and inactive children are 600 times more likely to develop heart disease as adults, we know the time to act is now.

Thanks to this grant and a partnership with SPARK™, a national public health organization whose mission is to keep kids moving and active in school, Tiger Academy will now have the tools to teach health and nutrition in the classroom, add one more hour each week to students' recess and P.E. period, as well as the resources necessary to purchase new athletic equipment.

**Almost one-third of our children in America are overweight or obese.**



These students are all smiles as they get ready to take-off for a relay race.



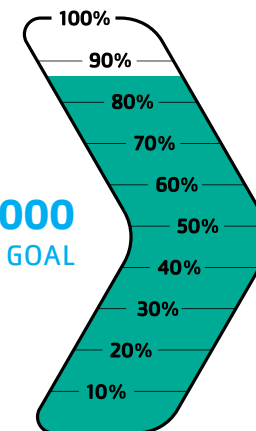
Students stay active throughout the day with in-class energizers.



Our youth development programs focus on physical activity in and out of the classroom.

## GIVE TO THE Y CAMPAIGN PROGRESS

**\$1,400,000** CAMPAIGN GOAL



Thank you to everyone who has given to our annual giving campaign. With your help, we've raised \$1,214,553. The end is drawing near, but you can still make a difference, and change your community. Join with us in our efforts to strengthen the foundations of community.

To give to the Y, visit us online or stop by your neighborhood Y today.

## MEMBER SPOTLIGHT: Kimberly Lewis



Obesity has taken center stage in the health of our country and it's growing worse at an alarming rate. Not only a risk factor for cardiovascular disease and cancer, obesity can lead to type 2 diabetes. As a fundraiser for the American Diabetes Association, and someone who always struggled with her weight, Kim didn't want her health to continue to decline and needed to make a change, not only for her, but also for her five-year-old daughter, Lawson.

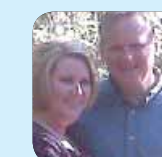
SEE HER FULL STORY AT [FirstCoastYMCA.org](http://FirstCoastYMCA.org)

## THE FEED

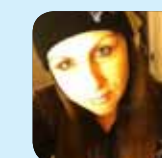
The Y means something different to everyone. What does it mean to you?



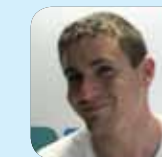
**Crystal Reed Jasey** The Y is a place where my sons and I can play. I love the sports programs for kids and the many options offered to parents.



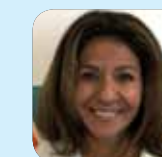
**Herb Young** I'm proud to be a part of the Y because of the encouragement and the wonderful friendly people I meet! It's a valuable part of my life and something I look forward to every day.



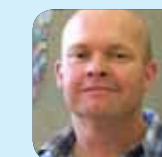
**Jill Coursey** The Y is such a blessing! With four kids, I look forward to a little "me" time and the Y makes this possible! I'm in the best shape ever. Thank you for helping me to keep up with my family.



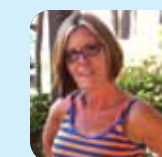
**Dave Chauncey** As a kid, it's the place where me and my friends would go to stay out of trouble. Today, I'm a member not just for wellness, but to meet people and be a part of the community.



**Vivian Hanna** It's the place that kept me physically, mentally and emotionally fit when my life started to unravel. It's so much more than a place to work out. It's a family.



**Dan Renaud** The community feel externally and the mental cleansing internally get me motivated and in the zone at the Y.



**Doreen Czako Hayward** The Y is my home away from home! It is also my life saver! I have never been as healthy as I am since I joined almost a year ago. Everyone is very helpful. Love it!

See what others are saying, share your Y story, get instant updates. It all starts at

[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



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