



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



In 2008, the Horizon Foundation for New Jersey and the New Jersey YMCA State Alliance partnered with the development of Healthy U – a program aimed at preventing childhood obesity through improved physical activity, nutrition, and parental involvement.

The YMCA of Eastern Union County has committed to offering the Healthy U program in both its Child Care and After School programs. The YMCA of Eastern Union County is committed to improving the overall health and well-being of all youth within its service areas.

Physical Activity: Healthy U uses the CATCH (Coordinated Approach to Child Health) curriculum which is an evidence-based program that incorporates 30 minutes of moderate-to-vigorous physical activity. This program is designed for students at all levels and abilities, with an emphasis on non-elimination games to keep the kids moving and having fun.



Nutrition: The nutrition component focuses on how to identify, practice and adopt healthy eating habits to last a life time. The program encourages children to try new healthy food alternatives.

Family Involvement: Provides families with information to better understand the Healthy U program as well as ideas and education that leads to a healthier home. In addition, parents are encouraged to participate in Healthy U activities with their kids.

For More information Contact

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