

NEWS RELEASE

July 12, 2007

Giglio Funding Gives YMCA Kids New Exercise Equipment

OLEAN, NY—The Olean Family YMCA is offering new youth fitness equipment to help motivate kids to exercise thanks to the support of Assemblyman Joseph Giglio.

The \$3,000 grant, which was included in the New York State 2007-2008 budget by Assemblyman Giglio, was used to purchase a commercial-quality recumbent game bike and Dance Dance Revolution game pad, game consoles, game software and other youth fitness equipment.

“With youth obesity on the rise in our country, showing kids that exercise is fun is very important,” said Assemblyman Giglio. “I was happy to be able to assist the YMCA in their youth fitness efforts through this funding.”

The Dance Dance Revolution, or DDR, system uses dancing to give kids a cardiovascular workout. The game bike system features a fitness computer that gives exercise results along with the enjoyment of game competition. Participants can fully control every movement on the screen during play with their own body movements. Handlebars control the steering and pedal speed controls the speed of the vehicle in the game. Games for the game bike include ATV, car and motorcycle racing, among others. With both the dance and bike game systems, kids have such a good time playing the game, they don't even realize they're burning calories.

The Olean Family YMCA offers a well-rounded youth fitness program that serves almost 200 youth. Participating regularly in youth fitness programming helps youth increase their physical fitness, self-esteem, and likelihood of developing lifelong exercise habits. Not only does this enhance the quality of their lives, but it decreases their risk for developing life-threatening health problems.

The Olean Family YMCA offers a Youth Fitness Area to encourage youth to begin a lifetime of fitness. Qualified staff train and supervise youth as they use equipment that is designed especially for third through eighth graders. In addition to the new equipment, the Fitness Area includes 10 pieces of selectorized weight training equipment and three cardiovascular machines.

The YMCA uses the Youth Fitness Area as part of its "N.E.W. Kids" program, or Nutrition Education and Weight management for Kids, which is specifically designed to help low-income youth with their risk of obesity. The seven-week program includes nutrition education (the importance of eating fruits and vegetables and having healthy eating habits and snacks) and a physical fitness component (strength/flexibility training in the Youth Fitness Area and cardiovascular exercise in the gymnasium and other areas of the Y).

For more information on the Olean Family YMCA's youth fitness program, contact Wellness Director Ink Urho-Young at (716) 701-1330 or visit www.oleanymca.org.