



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development The mission of the Dallas YMCA is "to put Christian values into practice through programs that build a healthy spirit, mind and body for all". The key words in that statement are "for all" because the Y truly serves the entire community. One way we do this is through the Buddy Sports program at the Cross Timbers Y. Buddy Sports is a specialized program for children with disabilities of all levels. Sports offered include basketball, soccer, kickball and baseball. The fun takes place on Sunday afternoons from 2:00 to 4:00. For more information, visit: ymcadallas.org/locations/cross_timbers/youth_sports/buddy_sports



Healthy Living Recently, I read some compelling statistics from a publication called "Athletic Business". Two that jumped out; 80% of people that join a fitness facility in January quit within five months of joining and only 18% of gym goers use the facility on a regular basis. Adopting a New Year's resolution to get healthier is important but changing lifestyle habits are hard. Our Staff recognizes this and are there to provide support to our new members. I encourage new members to share their goals with our Staff and they'll partner with you on your journey. Promoting healthy living is one of our core tenants in strengthening the foundations of the communities we serve.

Social Responsibility The Dallas YMCA was recently awarded \$25,000 from the Advocare Foundation to provide cooking classes to families that have graduated or are currently attending our FIT for Health or Get Up and Go programs. Both programs are aimed at educating families about how healthier food choices and increasing fun and physical activity can impact their lives. The grant allowed the Y to purchase everything needed for eight, separate, fully stocked cooking stations. The curriculum for the programs was created by our partners at Children's Health. Children and their families attend the weekly, month long program learning to cut, chop, dice, mix, and cook healthy recipes and then enjoy their creation. By the end of the class, children have been exposed to new food choices and had a positive experience in the kitchen. Families have reported their children are enjoying helping to choose and prepare healthier recipes at home.

In spirit, mind, and body.

Sincerely,



Curt Hazelbaker
President and Chief Executive Officer

