



THIS IS Y.



TEACHING VALUES AND DEVELOPING CHARACTER

Youth sports participation promotes a **healthy lifestyle**, builds **confidence**, and helps kids maintain **proper mental health**.

In Florida, 25% of children are reported as physically inactive. Health risks of a sedentary lifestyle can include cardiovascular disease, obesity, and diabetes. In 2021, our YMCA provided financial assistance for 137 participants in Youth Sports programs.

By supporting YMCA Youth Sports, children have the opportunity to combat inactivity, set positive goals and learn valuable skills to be used as they grow.

FIND YOUR REASON. FIND YOUR Y.

Donate today: ymcaspb.org/give



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Y's impact