



**THIS IS Y.**

# TEACHING VALUES AND DEVELOPING CHARACTER



Less than one-quarter of youth engage in 60 minutes of physical activity daily. Health risks of a sedentary lifestyle can include cardiovascular disease, obesity and diabetes. In 2022, our Ys engaged more than **2,500 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.

On average, most youth spend **4-6 hours** a day on social media, watching tv, or playing video games.

**Better Together.**

**Donate today: [ymcaspbc.org/give](https://ymcaspbc.org/give)**

