

Y5210: A Simple Family Plan



The Rogue Valley Family YMCA is committed to helping kids get active and stay healthy. Y5210 was created to teach kids healthy choices and remind them that every day they should consume at least 5 servings of fruits & vegetables, have 2 hours or less of "screen time," 1 hour or more of exercise and 0 sugar-sweetened drinks.

Jeni Beck, YMCA Fitness Director
541-772-6295; jbeck@rvymca.org