



PEPSICO AWARDS \$2,500 GRANT TO SPRING VALLEY YMCA

PepsiCo and its Smart Spot program, a health and wellness initiative, has awarded the Spring Valley YMCA a grant for \$2,500 in support of health and wellness programs related to Activate America®, a long-term initiative designed to promote the YMCA's abilities to help more Americans live healthier lives.

The grant money will be used to support the YMCA's Youth Training Program, designed to help children ages 9 to 14 develop healthy habits such as exercising regularly, practicing good nutrition, and making healthy lifestyle choices. The program is intended to diminish the problem of childhood obesity by teaching these values at an early age. Over 700 children will participate this year through the Spring Valley YMCA

"PepsiCo and the YMCA have a shared commitment to find better ways to help Americans lead healthier lifestyles," said Mica Wilson, Healthier Lifestyles Marketing, PepsiCo. "We have tremendous potential to encourage individuals and families across the country to become more physically active and make better nutritional choices."

"We are very grateful for PepsiCo's support of our health and wellness initiatives," said Ann Nelson, Executive Director, Spring Valley YMCA. "We are working together to reverse our country's obesity epidemic and the dangerous course of physical inactivity and poor nutrition that is prevalent in our country."

The purpose of the Spring Valley YMCA is to improve the quality of life in our community by offering programs, services, and facilities that promote strong families, good health, fitness, wellness, community services, youth and adult development and equality for all. The YMCA encourages the sensitivity to the physical, mental, and spiritual enhancement of all persons regardless of age, sex, race, religious affiliation or economic status. More information on the Spring Valley YMCA, the Youth Training Program, and YMCA Financial Development can be found at www.fvymca.org.