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For Immediate Release

Healthy Lifestyles Start at the Boys & Girls Club!

The Boys & Girls Club of Laguna Beach has successfully combined more education on healthy lifestyles and fitness into their daily fun programs and activities. This summer over 200 young people regularly participated in the Club's Healthy Habits program and learned about nutrition, fitness and an over all healthy lifestyle. Now, the Boys & Girls Club has stepped up its efforts to get families involved as well.

The Boys & Girls Club added a healthy twist to their annual Talent Show by getting parents and Members involved in a Nutritional Trivia and a "Cha Cha Slide" Dance Competition. Families participated for a chance to enter the Boys & Girls Club of America's Family Fit Challenge. If selected for the Challenge, one lucky Laguna family will receive an eight week kit which outlines weekly activities to help them increase their overall health and wellness. The family will also receive coaching from some of America's top health and wellness instructors. At the end of the eight weeks, the Laguna Beach family will take an all expenses paid trip to the finale, where they will meet families from all over the country. At the finale, BGCA will decide a winner based on which family did the most to change their overall health and wellness.

This event is just one way that the Boys & Girls Club of Laguna Beach is incorporating healthy lifestyles into the Club and community. Many new programs are being created to teach members about fitness, nutrition and overall mental health through gardening, martial arts, healthy cooking, and hiking, to name a few. Existing programs are also beginning to incorporate healthy techniques into their activities. the Club snack bar is becoming a "health food bar" and the Club's garden provides an array of fresh fruits and vegetables that the children enjoy. The Boys & Girls Club is making changes every day to encourage young people to make healthy choices.

The Boys & Girls Club of Laguna Beach offers an array of enrichment programs Monday through Friday, which all include a variety of engaging and educational activities for children in grades K-12. The annual membership fee is \$150, monthly after school fees at the Main Branch are \$55, and daily are \$10. For more information regarding the Boys & Girls Club of Laguna Beach Main Branch, please contact Trish Pack at (949)494-2535 x100 or at trishap@bgclaguna.org. For more information regarding Healthy Lifestyles programs or the Family Fit Challenge, please contact Jasa Laliberte, Program Director, at (949)494-2535 or at JasaL@bgclaguna.org.

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