



For Immediate Release

YWCA Youth Honored at State Capitol

MINNEAPOLIS – Feb. 3, 2010 – The YWCA of Minneapolis will be honored with a Breaking Barriers Award at the State Capitol Rotunda during the 2010 Minnesota National Girls and Women in Sports Day rally. This award recognizes the accomplishments of youth involved in the YWCA Strong Fast Fit Youth Program. This barrier-breaking program engages youth and their families in culturally specific fitness and nutrition education.

The Strong Fast Fit Program promotes a cultural norm where girls and women are active and equal participants in sports and fitness activities. Latina and Native American girls participate in organized sports less often than Latino and Native American boys, and are half as likely as the boys to be physically active.

The program addresses racial health disparities affecting by Latino and Native Americans – specifically disproportionate rates of obesity, childhood obesity and diabetes. Latino and Native American youth participate in fitness activities including running, swimming, triathlons, team sports, and dance. Families are encouraged to be active with their children.

“I started two girls fast pitch softball teams in my neighborhood. Otherwise there would have only been boy’s teams. I feel a lot better about myself... I eat healthy foods and I’m more energetic. I’m not a couch potato anymore. I don’t sit and watch TV as much as I used to,” said Kiyanne, a Strong Fast Fit youth participant. “Before learning about nutrition, I used to drink four or five 20 ounce Cherry Cokes per day. Now, I drink more water because pop is not healthy for you. I’m eating healthier so I can lose weight.”

The Breaking Barrier Award honors all the girls and boys participating in the YWCA Strong Fast Fit program that are breaking personal barriers and changing the way their families and community value fitness and nutrition.

About the YWCA of Minneapolis

The YWCA of Minneapolis is a nonprofit organization striving to empower women and girls, and eliminate racism. The YWCA of Minneapolis has been empowering women and girls since 1891 and is a community leader in health and fitness.

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