Y Mentors: Healthy Kids Matter

Program Description:
The Y Mentors: Healthy Kids Matter program serves elementary-aged youth at after school sites within the Twin Cities. The program strives to address and reduce childhood obesity, improve community health and wellness and engage both youth and families around living a more healthy and balanced lifestyle. The Healthy Kids Matter program provides an opportunity for college-aged student mentors to act as positive role models for young people and build meaningful relationships with the youth and their families. As these relationships solidify, the college student mentors engage with their mentees to build a positive view of the young person’s personal future. College mentors work with youth in small and large groups, engaging them in cooking and other hands-on curriculum activities focused on health, nutrition, sports, fitness and wellness from a holistic approach.

Program Model:
- Runs 4-days a week, Monday-Thursday
  - Monday: 1:45-3:30 p.m.
  - Tuesday: 1:45-3:30 p.m. or 3:45-5:30 p.m.
  - Wednesday: 1:45-3:30 p.m.
  - Thursday: 1:45-3:30 p.m. or 3:45-5:30 p.m.
- Serves elementary-aged youth
- 5-10 college students mentoring up to 20 youth

“My favorite thing about the healthy kids program is the ability to make an impact on a child’s life. I love talking to the kids, listening to them and seeing the similarities and differences from their lives and mine.”

College Student Mentor

For more information email: UYINFO@ymcatwincities.org