



For Immediate Release

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YMCA and Dominick's Offer Health and Wellness Options

(Chicago, IL) Jan. 16, 2009 – The YMCA of Metropolitan Chicago and Dominick's recently announced a partnership to encourage Chicagoland residents to lead healthier lifestyles.

According to the U.S. Department of Health and Human Services, 37 percent of adults report they are not physically active. Poor diet and inactivity can lead to overweight or obesity. People who are overweight or obese are at increased risk for high blood pressure, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types of cancer.

Every January, the YMCA promotes the programs and services offered across its 19 membership centers and for the first time in 2009 will focus on a more holistic approach of addressing the health needs of the Chicagoland area.

“Wellness is more than the miles you log on a treadmill. It incorporates healthy food choices as well. Now more than ever, families are having a hard time stretching their food budget and our partnership with Dominick's helps us provide the fitness and nutrition components for families across the region,” said Stephen S. Cole, president and CEO of the YMCA of Metropolitan Chicago.

Dominick's has made a \$10,000 donation in the form of gift cards to the YMCA. These gift cards will be used throughout January to encourage Chicagoland residents to work towards their health and wellness goals. Each new YMCA member will receive a Dominick's gift card.

“We are pleased to partner with YMCA of Metro Chicago for this year's Membership Drive Campaign,” said Jeff Norkiewicz, Vice President of Retail Marketing Execution for Dominick's. “Both YMCA and Dominick's are two brands that have a common mission in mind, focusing on improving the health of employees and customers by maintaining a healthy lifestyle.”

Through its 65 locations and more than 100 extension sites, the YMCA of Metropolitan Chicago helps children learn and grow, teaches young people to lead, brings families

closer, and encourages individual health and well-being. The fourth largest non-profit in Chicago and one of the largest human services organizations in the nation, YMCA programs impact hundreds of thousands of lives annually, helping to strengthen neighborhoods and respond to community needs across Chicagoland. To learn more, visit www.ymcachgo.org.

Dominick's Finer Foods, a division of Safeway Inc., operates 80 stores throughout the Chicagoland area. An important part of Dominick's philosophy is to reinvest in the communities we serve through local educational programs, food donations and community-based outreach programs. Since 1925, Dominick's has been proud to be Chicagoland's neighborhood grocer. For more information, visit www.Dominicks.com.

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