



Harvest Health This Fall September 2025

Sumter Family YMCA Newsletter



SEPTEMBER CHALLENGE

We all know the benefits of staying active. In addition to optimal nutrition and exercise, it is equally important for us to get out of our seats and move throughout the day. The benefits can include improved mental health, healthier joints, stronger muscles, more dense bones, and a happier cardiovascular system. 10,000 steps per day seems to be the sweet spot for reaping these rewards. Join the Sumter Family YMCA for the STEPtember challenge! Commit to getting 70,000 steps per week in the month of September for a step streak!

Find us on Instagram @ymcaofsumter1912

Track your daily steps using the device and app you have access to: Apple Health, Google Fit, Fitbit, Connect Health, YMCA of Sumter app "STEPtember Challenge" (only available for iPhones) From September 1 – 30

10,000 Steps every day!

- ✓ Running
- ✓ Walking
- ✓ Dancing
- ✓ Cycling
- ✓ Yard Work
- ✓ Group Ex Class

Or anything that gets you moving!

Tag @ymcaofsumter1912 on Instagram to share your progress and be entered for a chance to WIN weekly!

If you do not use social media, you may email your progress to Nichole Bartrug at nbartrug@ymcasumter.org



CONNECTING PEOPLE TO LIFE-CHANGING OPPORTUNITIES

Celebrate with us

Happy birthday to:

Aaron D.	Amani W.
Emily S.	Erika W.
Fannie G.	James S.
Jami C.	Kaylee W.
Keith F.	Linda B.
Liz M.	Rebecca V.
Roderick M.	Shanazia W.

Happy Work Anniversary to:

12 years	Alvee F.
10 years	Kelley T.
7 years	Jami C.
	Olga P.
6 years	Savannah M.
5 years	Suzanne B.
4 years	Onyx T.
3 years	Christine M.
	Brii D.
2 years	Jalen H.
	Niaya S.
1 year	Antonio H.
Cheryl H.	Patty H.
CJ J.	Jennifer L.
Emanuel R.	Mary T.

Welcome to the team:

Lavonna B.	Cindy D.
Kylie F.	Marc H.
Nina L.	Ariana L.
Lexi L.	Merrell L.
Ron M.	Milton W.
Ben W.	


Instagram
YMCA360 app
YMCAof Sumter app
www.ymcasumter.org


CAMP MAC BOYKIN FISHING DAY

National Hunting and Fishing Day (NHF Day) is a federally recognized holiday celebrated on the fourth Saturday of September each year to recognize sportsmen and women for their contributions to conservation, promote outdoor sports, and recruit new participants. The day's purpose is to highlight the integral role of hunting and fishing in wildlife management and funding for conservation programs.

We are inviting YMCA of Sumter members to visit Camp Mac Boykin for a day of fishing and fun.

- ✓ Catch and release fishing for all ages
- ✓ Picnic-friendly spaces – BYO Lunch
- ✓ Limited life vest
- ✓ Fun for kids, teens, and adult

 Saturday
Sept. 27, 2025

 8:00 AM – 2:00 PM

 6425 Camp Mac Boykin Rd.
Pinewood, SC



“Autumn shows us how beautiful it is to let things go.”

UNKNOWN

STRONG SEASONS AHEAD

Basketball: Biddy Ball (Ages 3–4) season runs September 8 through October 17

Church League

- Season A (5–6 Coed, 7–8 Boys, 7–9 Girls) registration closes October 10, season starts October 20
- Season B (9&10 Boys, 10–13 Girls, 11–13 Boys) registration closes December 19, season starts January 5

Blood Pressure Self-Monitoring: This program requires a physician's referral, and is no cost. Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, as well as tips for accurate self-monitoring. Over 16 weeks, program participants agree to attend two 10-minute, in-person check ins with their Healthy Heart Ambassador per month. Participants will also commit to recording their at home blood pressure readings at least twice per month, and attend a scheduled 1-hour nutrition seminar each month.

Healthy Weight and Your Child: Family – based approach for children diagnosed in the 95th percentile for BMI, or higher. Adult and child participate together, 2 hours twice per week, for 25 sessions. Fun, accessible physical activity games, and Family Huddle sessions for learning and preparing healthy lifestyle goals. No classes the week of Thanksgiving.

44th Annual Turkey Trot – Start your Thanksgiving with a traditional Turkey Trot a 5K run in Historic Sumter for families, beginners, or competitive runners. Turkey Trot is an event that focuses on families, healthy living, fun, and a sense of community for all ages and abilities. Rain or shine. No refunds. T-shirts will be available first come, first serve at packet pick up on Wednesday, November 26.

BJ's Memberships

Join BJ's Club early and up to \$15 will go to the Y through this offer. Learn more by scanning the QR code or go to www.bjs.com/sumteryymca



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.