

Family Exercises Together

Agency: Sioux Falls Family YMCA

Program: Adult & Family Wellness

Service: A program designed to provide memberships for low-income adults and families that need access to a fitness facility, primarily because of health reasons.

Need: According to the Census Bureau's 2005-2007 American Community Survey, 7,898 or one-third of our four-county area's rental households pay more than 35% of their income for rent and utilities. 2,195 renting individuals live below the poverty line. In addition, according to Healthy SD, 13.9% of 2-5 year olds from limited income families are overweight, 16.4% of 5-19 year olds are overweight, and 62.8% of adults are overweight with 25.5% obese.

Impact: A combination of a nutritious diet and exercise is encouraged to maintain a healthy lifestyle. Sioux Falls Family YMCA is one of a few local health facilities that is able to offer scholarship dollars for membership fees. 508 adults received scholarship assistance thanks to United Way in 2009.

With four young children, Carlos wanted to find a healthy alternative when spending quality time together as a family. While looking for a gym facility, a friend recommended he check out the YMCA.

“Our family was able to join in June of 2007. I’ll come and work out five days a week, and bring my children in three times a week,” explains Carlos.

He appreciates the kid-friendly aspect of Sioux Falls Family YMCA. “I’m able to drop off my children in the Child Watch area while I work out. They are able to play with kids their own age, and they have craft time and art projects. I really like that the staff here have interactive activities for my children, they’re not just running around,” adds Carlos.



Carlos and his family are able to utilize the YMCA’s facilities to stay healthy thanks to scholarship assistance provided by Sioux Empire United Way. 508 adult members of the YMCA utilized the scholarship assistance in 2009. “Without the scholarship help, life would be different. My hours have been cut at work, and being able to come here during the week is a huge asset to my family.”

The Center for Disease Control and Prevention recommends adults exercise for at least 150 minutes throughout the week to maintain their health. Studies show that physical activity can help to control weight, reduce risk of cardiovascular disease, improve mental health, and increase chances of living longer. “I am a firm believer in proper diet and exercise. The outcome of the combination of those two things is a happy, healthy life,” states Carlos.

The friendly staff at the YMCA are also appreciated by Carlos and his family. Because all of the staff are so helpful and willing to answer questions, he recommends the facility to individuals who have no prior experience with attending a gym. He also is happy that his children have built such great relationships with the Child Watch staff.

“As a young man with four children, struggling to make ends meet, I am grateful to have this opportunity. I appreciate how I’ve been touched by the mission of the YMCA, to serve all people and help them reach their potential through the development of spirit, mind and body.”

