



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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**FOR IMMEDIATE RELEASE**

**YMCA of Rapid City Celebrates October As Family Health Month**

RAPID CITY, October 1, 2025 – October is Family Health Month, and the YMCA of Rapid City is dedicated to supporting all families across the Black Hills as they work to create healthier lifestyles for themselves and all of their loved ones. Check out these five easy ways you can create a healthier household today!

**Eat Healthy**

As you gather for meals, be mindful of the nutritional choices you make. The Y encourages a well-balanced diet, and you can get started with small, gradual changes! Check the USDA recommendations at [myplate.gov](https://myplate.gov) as a great starting point for planning healthier meals for your family.

**Daily Play**

Put down the electronics and find time to play! Children need varying levels of physical activity each day depending on their age, so be sure to encourage play time. And when in doubt, the Y is here to help – we offer a wide variety of youth sports, childcare programs and more for the entire family. Browse our Program Guide at [www.rcymca.org](http://www.rcymca.org) to learn more.

**Together Time**

Relationships are the heart of a healthy family. Prioritize quality time together – whether that's catching up over dinner, playing a board game or chatting about your day while out for a family stroll. These shared moments are what keep your relationship strong.

**Get Outdoors**

Great things happen in the great outdoors – make your time outside a family affair! Unplugging and enjoying nature is good for the body and mind. Make time for family park trips, hikes or simply take your furry four-legged friend on a walk together.

## **Prioritize Sleep**

After all of this physical activity and mental stimulation – remember to get some well-deserved rest! Getting a good night’s sleep is beneficial both physically and mentally. Make sure you and all the members of your family are getting the recommended amount of sleep each night.

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### ***About the YMCA of Rapid City***

Driven by its founding mission, the YMCA of Rapid City has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or where they’re from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y’s goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at [rcymca.org](http://rcymca.org)