



OCTOBER 2020 FIT FALL FOR ALL

SAMPSON FAMILY YMCA | 2200 Golden Mile Hwy, Pittsburgh, PA 15239 | 724 327 4667

MISSION MINUTE



Now more than ever we must reach outside the walls of our Y to vulnerable and marginalized communities. Discover how your Y is accomplishing these efforts every day at pittsburghymca.org/recovery

Fall Fun at the Y

Our YMCAs have always been known for our sense of community and belonging. That hasn't changed. Neither have our amenities like access to all YMCAs of Greater Pittsburgh, state-of-the-art equipment, skilled staff and resources to keep you motivated.

Join us for exciting, informational, motivational, and fun events that will help keep you connected, and provide much needed resources for you and your family.

OCTOBER 1ST-31ST Breast Cancer Awareness

October is Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Join in the cause to help women in need today.

Find more information at nationalbreastcancer.org

OCTOBER 1ST 2021 Resident Camp Kickoff

Y overnight camps have a way of transforming kids - it takes them away from their normal routine, and creates a safe environment where they can overcome challenges. Register today.

pittsburghymca.org/camps

OCTOBER 1ST & 3RD Flu Shots

9-11am

Stay safe and do your part with flu shots provided by Rite Aid. No reservation required, open to the public. Free with insurance approval.

OCTOBER 10TH World Mental Health Day

World Mental Health Day is held every year, with the overall objective of raising awareness of mental health issues and mobilizing efforts.

For resources, visit us at pittsburghymca.org/october2020

OCTOBER 19TH-25TH Pink Out the Y

In support of Breast Cancer Awareness Month, we encourage you to join our staff and wear pink during your workouts!

Share your support online by tagging [@ymcapgh](https://twitter.com/ymcapgh)

OCTOBER 21ST Community Open House

12-4pm

Join us for our Community Open House October 21st and bring a friend or family member to try the Y! We will have fun events, group exercise classes and more.

OCTOBER 24TH Fall Family Event

Join us for a safe and welcoming Halloween party, hayride and costume event. Visit the Welcome Center for more details.

OCTOBER 30TH Halloween Dance Party

Do the Monster Mash with your friends at the Y! Our virtual Dance Party with a live DJ will start at 7pm and presented by our Youth Development team. Don't forget your costume.

OCTOBER		2020				
S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

Follow us on Facebook for all upcoming events - facebook.com/SampsonYMCA





FIT FALL FOR ALL - October 5th-21st

In adults, physical activity does everything from improving lowering risk of chronic diseases to improving mental health (CDC). But we also know that most americans aren't getting the recommended amount of physical activity to earn these health benefits.

Maybe you don't know where to begin. Maybe you're just nervous. Maybe you just don't have the network to help keep you accountable.

Let the Y be your guide this fall with - **FIT FALL FOR ALL**

Visit the Welcome Center to pick-up your 'Fit Fall For All' game card. Complete **8** of the **12** tasks by October 21st to be entered to win a variety of amazing prizes. Learn how to align your healthy living goals and make the most out of your membership. For a healthier you.



RECIPE OF THE MONTH

BUTTERNUT SQUASH SOUP

INGREDIENTS

- ½ Tbsp. olive oil
- 2 garlic cloves minced
- 1 onion diced
- 1 butternut squash peeled and diced into cubes
- 32 ounces vegetable broth
- 1-2 tsp. salt

NUTRITION

Calories 135kcal | Carbohydrates 24g | Fat: 4g | Saturated Fat 1g |
Cholesterol 1mg | Sodium 884mg | Fiber 3g | Sugar 4g

INSTRUCTIONS

In a dutch oven pot (or heavy pot), heat olive oil over medium heat. Add onion and garlic. cook until softened, about 5 minutes. Add cut up butternut squash and vegetable broth. Bring to a boil then cover and simmer for 15-20 minutes until squash is softened. Carefully pour entire contents of pot into blender. Add salt. Carefully blend until smooth. Serve in bowls with thyme if desired.

EXERCISE OF THE MONTH

PUMPKIN SQUATS

This deep squat will target your thighs and hips. The added weight of the pumpkin is an extra challenge that will help you feel the burn.

Start standing with your feet wider than shoulder width. With your back slightly arched, push your hips back, bend your knees, and lower your body until your thighs are parallel to the floor and your elbows touch your knees with the pumpkin in front of you.

With your weight focused in your heels, push yourself up to the starting position and lift the pumpkin above your head.

Do two sets of 15 reps.

