

Triumph over Tragedy



To say that everyone has a story to tell is understatement. When you meet people for the first time, you have no idea what they have experienced during their lifetime that got them to the point where they are right now. To see Randi Moore with her contagious personality and sweet demeanor, one would never guess what she and her family have been through over the last few years.

Hi, my name is Randi Moore. I have a wonderful husband, Todd, who has been in the Air Force for 18 years. We have had five children over the past 15 years. Eight years ago, while we were stationed in Florida, our two- year- old daughter, Cailee, drowned in a tragic accident. I found her and we jumped in the water and pulled her out. My husband began CPR while I ran to call 911. It was too late and she went home to be with the Lord. Grace, family and friends kept us strong for the few years that followed. Then we were stationed at Shaw AFB.

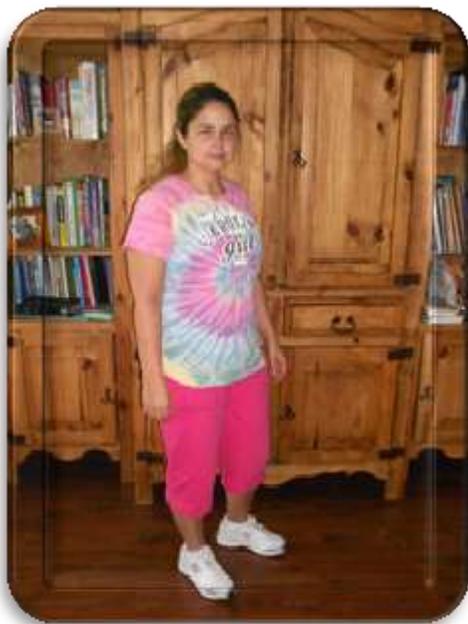
Leaving Florida, family, and our friends was hard. I soon found myself sinking into a deep depression. I started seeing a doctor and was prescribed an antidepressant. The dose was increased over time, then another medicine was added, then a sleeping pill. I went through an emotional roller coaster for a while. I began to gain weight due to the side effects of the medicine and lack of exercise. My husband was sent overseas and my depression worsened. I cried several hours a day, would lie on the couch all day and had a hard time taking care of my children. Finally, after having suicidal thoughts, I checked myself into the hospital, begging them for help. I wanted to be protected and get better for my family. Our local area did not have a treatment center and they would have to send me out of town. I couldn't do that and leave my children alone. They sent me back to my family doctor. He immediately contacted the Red Cross and brought my husband home. During this time I begged my doctor to take me off all my medicine. He said that I needed to change my diet and begin exercising. It was at that point, in July 2012, Todd signed us up for a family membership at the Sumter Family YMCA.

For the first time in 15 years I would be exercising and learning to eat healthy. I quickly signed up for YFIT Camp taught by Missy Corrigan. She taught me about nutrition, learning to fuel my body instead of overfeed or starve it. She also gave me specific workouts that would help strengthen my entire body. The best part of it was that my children were able to be with me at the gym. Our YMCA has several exercise classes for small children. I soon attended Zumba classes and was addicted. That inspired me to become a Zumba instructor and start a Zumba class for children. I also became licensed in Aqua Zumba and Zumba Gold. Later I became certified as an AFAA group exercise instructor. My students inspire me, starting from the little

four-year-old kids who laugh and giggle with me all the way to the 99-year-old woman, Mrs. Beulah, who does Zumba with me once a week. I even have a 60-year-old student who is blind. When she isn't working out with me, she walks up and down the hallways, hanging onto the rails. She has lost over 100 pounds.

Within one month of following the YFIT Camp program, I was off all of my medicine and haven't had to go back on any since. *(Never go off any medication without the help and consent of your doctor).* When I started my journey one year ago I was 151 pounds and 42% body fat. That was a lot for my 5-foot frame. However, losing the weight was easier when I focused on getting to the source of the problem, the body fat. Now I'm 110 pounds and 16% body fat. I eat six healthy meals a day and have joined Team YFIT at our YMCA. I exchanged my tears with sweat!

I can't begin to describe how I feel now. I have so much joy and energy. I am so thankful to the YMCA and Missy for the changes they have given to me and my family. I'm sure everyone goes through hard times. I would just like to encourage you that exercise and healthy eating can help you and change your life forever. I just celebrated my 35th birthday and feel like I'm 22. You can too!



July 2012

151 lbs.

42% Body Fat



July 2013

110 lbs.

16% Body Fat

The following programs and classes were mentioned above and are available at the Sumter Family YMCA.

Commit To Be YFIT is a 6-week class that focuses on educational topics and exercise modalities for disease management and prevention. Participants are paired with a mentor during this program.

YFIT Camp is a 6-week program that focuses on educational topics specifically for nutrition and exercise for improving body composition, health and quality of life. Weekly meetings include weight and body fat assessments.

TEAM YFIT is a 12-week program of nutrition and exercise prescriptions for reaching fitness goals. Program includes bi-weekly body fat assessments for progress and accountability, nutrition changes and new workout plans for continued success, and team meetings for support and motivation. Participants may choose to continue upon completion of the 12 weeks.

YFIT Kids: Have fun, learn new skills and take your fitness to the next level. Class format will vary including Boot Camp, Aerobox, Pilates, Yoga and Zumba. For kids ages 6 and up.

Zumba is a fun, easy-to-follow class with fast & slow rhythms based on Latin music.

Zumbatomic: Kids, ages 6 and up, will enjoy this Latin-inspired, high energy fitness party for kids. This class involves aerobic and dance movements, including hip-hop, salsa, mambo, squats and lunges.

Aqua Zumba: A water-based cardio conditioning and body toning class that combines Zumba with water aerobics.

For more information about any of the YFIT Programs or Randi's Zumba classes, visit www.ymcasumter.org or call the Sumter Family YMCA at 773-1404.