

November is [National Diabetes Month](#) and [Lung Cancer Awareness Month](#). Click on the above names to find the best resource for each.

November 1 - Daylight Saving Time Ends

🕒🕒🕒 Love it or hate it, it's time to turn back those clocks! #DST #FallBack #daylightsaving

November 3 - Election Day and National Sandwich Day

Facebook Poll: 🍔🥪🥗 Vote for your favorite sandwich. Club vs. BLT, Grilled Chicken vs. Meatball Sub, PB&J vs. Grilled Cheese, Egg Salad vs. Tuna, or Pastrami vs. Cuban.

November 11 - Veterans Day

Be sure to thank everyone you know who has served in the armed forces.

November 13 - World Kindness Day

Now more than ever, we need to spread and promote kindness! Do something nice for someone today.

November 16 - National Fast Food Day

Try a healthier alternative at your fast casuals. Check out these great tips and suggestions: <https://www.mdlinx.com/article/healthiest-fast-food-options/lfc-4137>

November 19 - Great American Smokeout

Time to get healthy! Talk to someone you know who smokes and challenge them to quit for the day. #QuitSmoking #GASO #TobaccoFree

November 26 - Thanksgiving

🦃 Gobble, gobble! Happy Thanksgiving.

FOOD & DRINK

What's in season? 🍏🍏🌿 Apples, cranberries, plantain, and lots of cruciferous vegetables like mustard greens, swiss chard, kale, collard greens, and broccoli rabe.

🍲 It's soup season. Break out the stockpot and warm up with one of these delicious recipes.
<https://bit.ly/3daldl4>

🥦 Eat your broccoli. Cruciferous vegetables are a good source of phytonutrients or plant-based compounds that may reduce inflammation or cancer risk.

Who knew you could use cranberries in so many dishes. Check out these fantastic recipes:
<https://www.tasteofhome.com/collection/recipes-with-cranberries/>

If you've never tried Swiss Chard, this savory low-cal recipe is much more satisfying than the traditional Southern-style that's loaded with sodium and fat. Give it a try!
<https://www.healthyseasonalrecipes.com/simple-sauteed-swiss-chard/>

What are some healthier oils to have on hand? Try olive, canola, avocado, sunflower, or safflower oils containing healthy fats that help protect your heart and provide a nutritional boost to your food.

🍂🍗🥬🍷🥧 What creative ways do you use your Thanksgiving leftovers?


Rich in Omega 3s, high in vitamin B, and an excellent protein source, salmon's many benefits go on, and on. But it doesn't have to be boring. Spice it up with jalapeño and capers!
<https://bit.ly/2l0E2MV>

Thanksgiving might look a little different this year, making it the perfect time to forgo traditions and try something new. Here's a little inspiration:
<https://www.purewow.com/food/non-traditional-thanksgiving-dinner-ideas>




LIFESTYLE


Safety Reminder: Replace the batteries in your smoke and carbon monoxide detectors when you change your clocks back.

 Wondering how to stay sane reading the news these days? First, choose your news source and make it a reputable one. Then decide where, when, and for how long you are going to spend reading each day.

PRO TIP: Sit down with your entire family at the kitchen table for dinner. It helps promote healthy eating habits, conversation and can even educate your children on table manners.

Feeling stressed out about returning to the office? Adding moments of leisure to your day, like listening to your favorite playlist or enjoying nature, can lower your brain's response to stress.

Wellness Boost:  The small ritual of taking care of a plant can make you feel better. And, if you go with an herb, you'll get the added benefit of using them in your cooking.
#wellnesswednesday

 Are you working from home? Set the alarm to go off every hour and take a movement break. Do ten squats, 20 jumping jacks, or walk around the room. Just get your heart pumping!

Did you know that the first Thursday in November is National Men Make Dinner Day? Do you trust your man to make you dinner? #cookingvacation #womensdeserveabreak #whatsfordinner

Gardening is considered part of a healthy exercise routine! Check out these tips to help you prepare for Spring if you haven't done so already.

<https://www.almanac.com/fall-cleanup-tips-better-spring-garden>



COMMUNITY

Donating to your local Y provides emergency services to communities in need, including childcare for health care workers and first responders. Here's how you can help: *(insert link to page with information)*

For Veteran's Day, consider donating your time or money to a local Veterans organization.

Donating to your local food bank is a great way to give this holiday season. Pack up a box with chili, canned fruits and vegetables, soup, tuna, and peanut butter. To find a food bank near you, visit: <https://www.feedingamerica.org/find-your-local-foodbank>

Think local! Purchase your Thanksgiving Day pumpkin pie, baked goods, centerpieces, and even turkey from local businesses. It boosts the local economy, is better for the environment, and builds the character of your community. #shoplocal #eatlocal #thinklocal

Run (or walk) for a cause! Challenge yourself and participate in an event near you. Just Google "races near me" or visit <https://www.active.com/running/5k> to see what's out there.

Pro Tip: Start preparing for #GivingTuesday as it is December 1st this year. To learn how to participate, visit <https://www.givingtuesday.org>. For valuable resources and inspiration, visit <https://www.givingtuesday.org/organizations>.

HEALTH

Studies have found that older adults who practice yoga report better balance and flexibility and improved mental health and sleep. Try these poses to improve your flexibility:

- Standing Forward Pose
- Standing Split Pose
- Upward Dog
- Tree Pose

Pro Tip: 🧘 Be sure to choose a lightweight, breathable, and tightly-fitted facemask for when you exercise. #MasksOn

Ordering takeout from your local restaurants to help them get through COVID is great for the local community but not always great for your health. Check out these tips and tricks to help make them more healthy. <https://rb.gy/uoxyzmz>

Improve your health in less than one minute with body-weight squats. They strengthen your legs; improve hip, ankle, and spine mobility; and increase blood flow throughout your body.

Put down that can of cranberry sauce. It's devoid of nutrients, and a single, quarter-cup serving has nearly six teaspoons of sugar! Make your own instead and use a natural sweetener like honey, orange juice, or maple syrup. #nationaldiabetesmonth

What's your favorite go-to snack?

Health Hashtags: #health #healthylifestyle #wellness #motivation #healthy #love #lifestyle #life #nutrition #covid #instagood #beauty #weightloss #fitfam #healthyfood #selfcare #healthyliving #inspiration #happiness #happy

Friendly Reminder: If you are feeling sick, stay home! We are in the midst of cold and flu season, as well as COVID-19. #helpstopthespread #covid #shootheflu



PARENTING

The Y wants to help you protect your kids. Cyberbullying is on the rise. One study conducted early in the pandemic found a 70 percent increase in bullying among kids on social media and chat forums. Here's how to recognize the signs and help keep them safe. <https://rb.gy/rj1obe>

We know it's not always easy to talk to your kids. Help get the conversation started with these expert-recommended questions that can help you understand how they may be feeling. <https://bit.ly/36OYNFG>

✂️🧠 Keep the kiddos entertained with these easy Thanksgiving-themed crafts: <https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g2907/thanksgiving-kids-crafts/>

Do this, not that: Avoid going out and spend time with your kids on Black Friday by having a Holiday Movie Marathon! There's always Cyber Monday.

Now that it's getting dark out early, bundle up and plan a family fun night under the stars! <https://rb.gy/xm4ajn>

Sometimes your children are picky eaters. Kid-friendly Thanksgiving Day menu to the rescue! <https://www.parents.com/recipes/holidays/thanksgiving/kid-friendly-thanksgiving-menu/>

MEMBERSHIP

The YMCA has so much to offer you and your family! With state-of-the-art equipment, family-oriented activities, youth development, childcare, personal training, and so much more, you can't go wrong with the YMCA!

Safety first at the YMCA! Post your **"Reopening"** or **"Welcome Back Guide"** a few times this month so that everyone can be familiar with any new policies or procedures.

Post a **"Top 5 Reasons to Join the Y"** for each day of the week. Examples: Family-friendly, activities for all ages, child-care, state-of-the-art fitness center, no contracts, no annual fees, hundreds of group fitness classes, personal trainers, the pool, etc.

Will you be returning to the office soon? The YMCA offers child care to fit all your needs. (*insert link to page with information*)

What fitness classes - in person or virtual - would you like to see offered at the YMCA? We want to hear your suggestions!

Boy, is it getting cold outside! We have a variety of great classes, from cycling to Zumba, that are sure to warm you up!

Member Appreciation Day! In tough times like these, it's essential to recognize your loyal members. Offer members free Y Swag, free food, and drinks, or let them bring a friend for free.



TRIVIA

What does cruciferous mean as in cruciferous vegetables like broccoli and cauliflower? **Answer:** Cruciferous is Latin for a crucifix. And these types of vegetables have blossoms that resemble a cross.

What does AMRAP stand for? **Answer:** AMRAP is an acronym that stands for “as many rounds as possible” or “as many repetitions as possible.”

🦃 True or false. Only male turkeys go, “gobble, gobble?” **Answer:** True. Female turkeys cackle.

🍩 How many Pumpkin pies do Americans eat at Thanksgiving? 25 million, 50 million, or 100 million? **Answer:** An estimated 50 million pumpkin pies are eaten on Thanksgiving!

What is the birthstone for November, and what does it symbolize? **Answer:** November's birthstone is Topaz, and it symbolizes friendship.

In what year did Abraham Lincoln give the Gettysburg Address? **Answer:** On November 19, 1863, Abraham Lincoln delivered this famous speech.



INSPIRATION

One kind word can change someone's entire day.

🍂🌍🍁 "Autumn is a second spring when every leaf is a flower." ~ Albert Camus

Facebook Challenge: Share an image with us that inspires you. (hashtag your YMCA)
#dailyinspiration #whatmotivatesyou

"I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion."
~ Henry David Thoreau

There is always, always, always something to be thankful for. In what ways are you thankful?

"Autumn is springtime in reverse." ~ Terri Guillemets

One day or day one? You decide. #mondaymotivation

Turn Black Friday into Fitness Friyay! Try a spin class, a new online workout video, or even just some new equipment at the Y. That happy buzz you'll get is just one of the health benefits of trying new things.

"Whatever you are, be a good one." ~ Abraham Lincoln



VIDEO

Host a Q & A. Interview a member and ask them how they've been affected by COVID and what makes the YMCA a safe choice for them.

Tours, tours, tours, and more tours! Keep showing everyone how they are missing out from all of the great things that the Y has to offer. #FOMO #lifestyle #goals #mindset #life #bhfp #inspiration #motivation

Pro Tip: Turn your "Top 5 Reasons to Join the Y" into short video clips!

Have your YMCA Nutritionist share their favorite healthy eating tips for The Holidays!

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