

August is **National Immunization Awareness Month**

You can find the best resource by clicking the name above.

August 3 - National Watermelon Day

Did you know watermelons can lower the risk of heart disease and reduce hypertension?

August 10 - National Lazy Day & National S'mores Day

Take a self-care day and make S'mores!

August 16 - National Tell A Joke Day

"What do you call a pig that does karate?" Answer: A pork chop. [More funny jokes here.](#)

August 17 - Black Cat Appreciation Day & National Nonprofit Day

Show your cat of any color you appreciate them with a new toy or some catnip. Then, donate to a local nonprofit that benefits animals, your local zoo, or wildlife sanctuary.

August 19 - World Humanitarian Day

This year's focus will pay special tribute to the real-life heroes who have committed their lives to help others in the most extreme circumstances throughout the world.

August 21 - Senior Citizens Day

Spend the day with a senior. They offer a wealth of wisdom and many remarkable stories!

August 24 - National Waffle Day

Make [homemade waffles](#) and top them with seasonal fruits.

August 26 - National Dog Day

Every day is Dog Day! Give your furry companion an extra special treat today.

FOOD & DRINK

What's in season? Apricots, peaches, plums, nectarines, figs, melons, peas, green beans, cucumbers, summer squash, corn, peppers, tomatoes, eggplant, and hot peppers.

Chicken can be oh, so dull. These [Bon Appetit](#) recipes will give you a new perspective.

Easy Summer Side: Saute 1 1/2 lbs of Green Beans in 2 Tbsp Olive Oil + 1 tsp Red Pepper Flakes + 2 Cloves Minced Garlic + salt to taste. For a cheesy flavor, sprinkle with Nutritional Yeast.

Recipes with heavy cream can weigh you down. Pack in some protein or cut calories with one of these substitutes: [Greek yogurt, cottage cheese, or silken tofu.](#)

Low in calories, cholesterol, fat, and sodium, **summer squash is delicious and easy to cook.** Slice, sprinkle with salt, pepper, and garlic powder, and roast at 350° for 30-45 minutes.

You've been driving the kids all over town or working out at the Y. It's now 5 pm, and everyone is wondering what's for dinner?! Meet your answer – [111 easy dinner ideas!](#)

Nothing could be better on a hot summer day than a refreshing [Watermelon Agua Fresca!](#)

Eat up! One cup of mango contains 130 percent of your recommended daily amount of vitamin C! Bonus. It's packed with bone-building manganese.

Up your S'more game with one of these [creative combinations!](#) #NationalSmoresDay

Cool off during the dog days of summer with a sip or two from [this collection](#) of refreshing drinks – with or without alcohol.



LIFESTYLE

Overthinking the perfect social media post can be exhausting. **Your opinion of yourself is what matters most** and not what others think of you. So go ahead and stop caring as much!

On Trend: Be on the lookout for no-added-sugar fruit juices on your groceries shelves, as well as a new crop of plant-based foods and keto-friendly options.

Ticks are prevalent in the warm summer months. Learn how to [remove one](#) if it has already attached to your skin.

Are you replacing your electrolytes with sports drinks? **Tip:** Avoid diet varieties as sugar helps your stomach absorb water. If your drink contains too much sugar, just add some water to dilute.

Body image anxiety can cause many of us to be anti-social. Here's some [expert advice](#) on how to help cultivate a positive body image while reemerging from the pandemic.

Did you know essential oils that contain citrus like orange, lemon, or grapefruit can make your skin more photosensitive or subject to sun damage? **Avoid them when the sun is at its brightest.**

The use of hand sanitizers has become standard practice these days. But there are some mistakes you should avoid when using them. [Find out more.](#)

Pro Tip: If you feel sluggish at work in the afternoon, try switching to a standing desk after lunch to help engage your body.



COMMUNITY

More than 50 million Americans suffer from food insecurity, a 35 percent increase since 2018. Consider hosting a food drive or donation event at your YMCA.

August 8th is International Cat Day, August 17th is Black Cat Appreciation Day, and August 26th is National Dog Day. **Consider adopting a furry friend** from your local animal shelter.

Martin Luther King Jr. delivered the “I Have a Dream” speech on August 28, 1963. You can [listen to its entirety here](#).

Farmers markets and stands are still in full swing, so take every opportunity you can to **support your local farmers!**

Stuff the Bus! Host a school supply drive or find one in your area to gather and donate to.



HEALTH

Good news! Research has shown possible links between wine and cheese and the prevention of Alzheimer's disease. Bring on the charcuterie!

Our lives are often very busy, and we have limited time to hit our fitness goals. Here is the best [10-minute workout](#) according to personal trainers.

Soothe your sore muscles and make your own reusable ice pack: Mix 1 part rubbing alcohol with 2 parts water, pour into a heavy freezer bag and freeze. Be sure to leave room for expansion!

Snack on this: Pistachios are the only plant-based complete protein that doesn't have to be cooked. They are a superfood and will help keep you energized all day long.

Have you been neglecting the Y this summer, year, decade? This [full-body workout for beginners](#) will help you get back in shape, and back to the Y!

Indulge or go healthy? Just a few swaps and your favorite foods can become heart-healthy – switch out steak for salmon, avocado for Mayo, and ground turkey for ground beef.

Not sleeping well? Eat chickpeas and drink a glass of milk before bed. They are a good source of tryptophan, an amino acid that can help to improve your sleep.

Get into the **green juice trend** and detoxify with this combination: 1 bunch romaine + 8 sprigs parsley + 1 bunch celery + 1 or 2 peeled English cucumbers & 1 peeled lemon.

Eating Healthy 101 - When given the choice, always opt for whole-wheat bread and pasta, oatmeal, or brown rice.



PARENTING

Which vaccines does your child need? When does your child need to be vaccinated? **Which diseases do vaccines protect against?** [WebMD](#) has made it simple for you to get the answers you need.

It's hard to believe but it is already time to head back to school! Have your kids [get crafty](#) and show off their personalities with one of these ideas from Good Housekeeping!

Many states have a **Tax-Free Weekend** this month making it the ideal time to stock up on school supplies and clothing. [Check here](#) to see if and when yours might be.

Stay up-to-date on the [latest guidance from the CDC](#) on COVID-19 prevention as your kids head back to school.

The **Perseid meteor showers** are the most impressive August 11-13. Get out your lounge chairs and blankets and watch this magnificent event with the family.

Most schools will be requiring face coverings this fall. Check out these [kid-approved face masks](#), and stock up for the new year.

Forget the expensive, store-bought varieties and [make eco-friendly, non-toxic art supplies](#) in your very own kitchen.

Get the kids involved with plants and create a [carnivorous garden](#). It's entertaining, educational, and it gets rid of bugs!

In search of some healthy afterschool snack ideas? [These](#) even look tasty for adults!

MEMBERSHIP

Be sure to check the days and times for **childcare services** now that your kids are heading back to school! #backtoschool #childcare #YMCA

Have your members share their summer progress stories with you. Have them tag your YMCA or create a special hashtag for them to use.

Taking a Zumba class is like going on vacation! It's fun, energizing, and a way to free your mind! Check out our Zumba class schedule today. *(Provide the link to your website with class schedule)*

Do you have a favorite exercise playlist? Share it with us and our followers!

Stay stress-free this fall. **The Y has Child Care Programs!** Learn more and enroll today. *(Provide the link to your website with program details)*

August - hot and humid, rainy or cool, the Y has treadmills that are ready for you!

We've made it easy for you to join the Y. Complete our easy online form and become a member now! *(Provide the link to your website with join now form)*



TRIVIA

Who is the public service mascot that was introduced to the U.S. on August 9, 1944?

Answer: Smokey Bear, the icon of the U.S. Forest Service

Which flower thrives in the summertime sun?

Answer: Sunflower

These two vegetables experience higher sales in August than during any other time of year. What vegetables are they?

Answer: Corn and squash.

Which sport has been a part of the Olympic Games since its inception in 1896?

Answer: Cycling

Name two U.S. Presidents who were born in August?

Answer: Benjamin Harrison, Herbert Hoover, Lyndon B. Johnson, Bill Clinton, or Barack Obama

In which year was table tennis introduced to the summer Olympics?

Answer: 1988

How many dimples does an average golf ball have? 298, 336, or 414

Answer: 336



INSPIRATION

“The only person you are destined to become is the person you decide to be.”
~ Ralph Waldo Emerson

Nothing would be the same if you did not exist.

“I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream.”
~ Martin Luther King Jr.

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.”
~ Dr. Seuss

“Don’t watch the clock; do what it does. Keep going.”
~ Sam Levenson

Looking for a music streaming service to get you motivated? [Here are the best of 2021.](#)

“The strongest of all warriors are these two – Time and Patience.”
~ Leo Tolstoy

New month. New mindset. New goals. New focus. New intentions. New results.

“I’m not here to be average. I’m here to be awesome.”
~ Unknown



VIDEO

What are the best exercises to burn fat? Have a **YMCA trainer give a demo** and share the video on your social media channels.

Plant-based diets are all the rage. Have your YMCA nutritionist explain the pros and cons of becoming a vegetarian or vegan.

Ask your YMCA parents whose kids participate in the afterschool programs to provide a video testimonial as to why they chose the Y and what they love about it.

Show off your facilities and encourage new membership with **videos or live streams of fitness classes** or members working out at your Y.

Google is giving away Free \$\$\$! [LEARN MORE](#)