

## **February is Black History Month and American Heart Month**

You can find the best resources for them by clicking the names above.

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### **February 2 - Groundhog Day**

Today marks the midway point between the winter solstice and the vernal equinox.  
#hopingforclouds #spring #groundhogday

### **February 7 - Super Bowl**

🥑 Make some guacamole, sit back, relax, and watch the big game with your pod.  
<https://www.allrecipes.com/recipe/14231/guacamole/>

### **February 9 - National Pizza Day**

🍕 Order up some pies and support your favorite local pizzeria in honor of National Pizza Day.

### **February 10 - World Pulses Day**

Pulses are considered a superfood. They have zero cholesterol, are low in fat, and a great source of protein and fiber. Discover some tasty recipes here: <https://pulses.org/recipes>

### **February 13 - Galentine's Day and National Cheddar Day**

Why not host a virtual wine and cheese night with your gal pals and celebrate them both! 🍷🧀  
#galentines #cheese #wine

### **February 16 - Mardi Gras and Paczki Day**

It's your last day to indulge. Do it with a Paczki! Find a local bakery and show your support.

### **February 20 - National Love Your Pet Day**

Spend some quality time with your furbabies. Take them for a walk or car ride, give them a belly rub or a special treat. Just do something that shows them how much you love them.

# FOOD & DRINK

What's in season? Citrus, beetroot, broccoli, artichoke, carrot, cauliflower, cabbage, Brussels sprout, fennel, endive, lettuce, leek, radicchio, turnip, spinach, and Jerusalem artichoke.

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🍓 Something smooth, creamy, and healthy for dipping those strawberries in on Valentine's Day! <https://dontwastethecrumbs.com/chocolate-hummus/>

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🏈 Don't let the big game ruin your diet! Try these healthy alternatives. <https://www.countryliving.com/food-drinks/g1552/healthy-super-bowl-recipes/>

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When you're tired of cooking, or your kids just won't stop begging, you can opt for a healthy alternative in the drive-thru. [https://www.huffpost.com/entry/healthy-fast-food-drive-thru\\_l\\_5ff5ce55c5b665581f66efe2](https://www.huffpost.com/entry/healthy-fast-food-drive-thru_l_5ff5ce55c5b665581f66efe2)

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🥑 Behold the avocado! Full of healthy fats that enhance the absorption of vitamins A and D. Give some of these [awesome avocado recipes](#) a try.

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Start American Heart Month off with some heart-healthy dark chocolate. Dip shredded wheat squares in melted dark chocolate and let set.

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**Pro Tip:** Blend 2 teaspoons of hemp seeds into your smoothies to add plant-based proteins and healthy fat.

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When you don't have a lot of time on your hands, [casseroles](#) are a quick and easy way to get breakfast, lunch, or dinner on the table in no time. Which one will be your next go-to?

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🏈 Make sure to set out some crunchy and healthy snacks for the big game! Think snap peas, roasted chickpeas, popcorn (go light on the butter), and lots of fruits and veggies.



# LIFESTYLE

Winter is not over, and it's the most dangerous time to drive. Be safe on the road by slowing down, allowing extra driving time, increasing your following distance, and never using cruise control.

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**Pro Tip:** Combat seasonal depression by calling your best friend, your kids, or your favorite grandchild! It raises your serotonin levels and brings joy to your life.

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There are so many benefits to having a pet. What's your favorite thing about yours?  
#nationalloveyourpetday <https://www.cdc.gov/healthypets/health-benefits/index.html>

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♣ While there is no cure for the wintertime blues, you can help mitigate them by eating salmon, tuna, shellfish, colorful fruits and veggies, bitter greens, and dark chocolate.

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We're all spending way more time indoors these days making it a great time to deep clean.  
<https://rb.gy/8x6eo8>

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**Pro Tip:** Find a workout buddy. Having someone to work out with, in person or online, gives you something to look forward to, as well as blending social time with sweat time!

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**Friendly reminder:** Relieve eye strain or fatigue by taking periodic screen breaks throughout the day. Try focusing on distant objects for a few minutes, then resume your work.

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The new year is in full swing, and some of us may already be feeling like we've lost track of our goals. Here are some strategies for creating long-term healthy habits. <https://rb.gy/9rw05d>



# COMMUNITY

Did you know 1 in 4 children in the US could face hunger this year due to the coronavirus? No Kid Hungry is working with schools, lawmakers, and community groups to help feed these kids during this crisis and in the recovery to come. Donate now at no [www.nokidhungry.org](http://www.nokidhungry.org).

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Donate to reputable charities or organizations that help animals in your community, such as your local Humane Society, or PetSmart Charities, in honor of National Love Your Pet Day.

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**Let's keep taking care of each other.** Show your gratitude for health care workers by leaving a message of encouragement for a healthcare worker on the Health Hero Hotline by calling 877-226-HERO.

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Doing good deeds gives us the feels. It turns out it might do some good for your health as well. Science reveals that altruistic behaviors, such as volunteering, making donations, and random acts of kindness, promote better well-being and longevity.

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**Think local.** Instead of ordering essentials or other items on sites like Amazon, consider ordering from a local shop in your community. Many of them are equipped for pick-up orders and delivery!

# HEALTH

Tabata is a great way to raise your heart rate and challenge your stamina. Try finishing your routine with this 4-minute, entire-body workout. <https://rb.gy/vuookg>

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Office chit-chat used to take place around the water cooler. These days it's happening online and making a lot of us anxious. Here's a quick read on how to make small talk effortlessly.

<https://rb.gy/rxidsx>

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**Trending:** Futsal. What is Futsal, you ask? It's a scaled-down soccer variation, played on a hard-surface court with smaller teams and a smaller ball. The name means living-room soccer derived from the Spanish/Portuguese word for soccer and the French and Spanish word for room.

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♥ 5 ways to protect your heart:

- Actively exercise at least 150 minutes per week
  - Follow an overall well-balanced diet
  - See your primary care physician for a yearly physical
  - Stay hydrated by drinking at least 64 oz. of water daily
  - Sleep 6-8 hours a night
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Amp up your fitness routine by jumping rope. It's a simple high-intensity workout that burns calories fast and improves aerobic fitness. Plus, you can do just about anywhere.

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Exercise your mind. Choose a word and spell it out in your head: C-A-L-E-N-D-A-R. Then see how many new words you can make from it. Land, lend, lean, caldera, dancer, and so on.

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Limited on space? No problem. Grab a mat and get busy building full-body strength.

<https://rb.gy/w1mfhb>

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# PARENTING

**Attention parents** - Take precautions with your children's device time by remembering the three Ms: moderate content, moderate time, and model the behavior you want to see.

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Try new dishes together and encourage your kids to become lifelong healthy eaters. When exposed to new or different foods at a young age, we tend to have positive associations with them later in life.

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♥ **Get Crafty:** It's time to get out that unused tissue paper, doilies from days of old, and any other frilly, pink or red things you can get your hands on!

<https://www.verywellfamily.com/fun-and-easy-valentine-crafts-for-kids-620475>

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**Pro Tip:** Pack your kids lunches, and yours for that matter, the night before to avoid last-minute, unhealthy choices.

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Switch things up this month and have your kids do some of the cooking. With a little supervision from you, of course. <https://rb.gy/4u7b5w>

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Think you've tried everything to keep the kiddos entertained? Think again! Try origami.

<https://parade.com/1025023/kelseypelzer/easy-origami-for-kids/>

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Those first steps. How about the first dance, kick, or jump! Check out these great tips to encourage your toddler's physical milestones. <https://rb.gy/byw8h3>

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🧐 With the increased transmissibility of the new COVID-19 strain, it's important to stay diligent as a family. Keep practicing social distancing, wearing masks, and washing your hands often.

# MEMBERSHIP

Create a Fitness Bingo Game. Everyone who wins gets some free Y swag or a special offer!

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Have a virtual “pet parade” for National Love Your Pet Day by having your members share their purrfect pet pictures!

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**Pro Tip:** Follow the three-class rule when starting a new class. Your first class gets you familiar with the workout, and the second offers a confidence booster since you’ll be acquainted with it. By the third, you’ll know if you’re enjoying the class or not.

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Take your at-home workouts to the YMCA. We have state-of-the-art equipment and lots of space to do your routines. Maybe you’ll even try something new!

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Get to the Y and let us help you achieve your 2021 health and fitness goals. Here’s what we have to offer - ([link to page of fitness options or classes](#))

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🍕 Host a virtual Pizza Party for National Pizza Day. Have members share photos of their favorite pies, list their favorite toppings, or give suggestions on which pizzeria in town is the best!

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♥ Have all of your employees wear red on National Wear Red Day, Friday, February 5th. Encourage members to do the same and dedicate their workouts to someone who has suffered from heart disease.



# TRIVIA

On Mount Rushmore, which one of the presidents is wearing a jacket?

**Answer:** George Washington

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Super Bowl Sunday is the second biggest eating day of the year. Which is the first?

**Answer:** Thanksgiving

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Game Time! In a 1992 ad, Cindy Crawford opened a can of soda at a gas station. What was she drinking? A. Coca-Cola B. Dr. Pepper C. Pepsi D. Mountain Dew

**Answer:** Pepsi

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Who was the first American president to meet Punxsutawney Phil? Jimmy Carter, Bill Clinton, Richard Nixon or Ronald Reagan

**Answer:** Ronald Reagan. Punxsutawney Phil traveled to Washington, D.C. in 1986.

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Fill in the blank. Conversational Hearts got their start as \_\_\_\_\_ ?

**Answer:** Medicinal Lozenges

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How many U.S. households own pets? 55%, 67%, or 81%?

**Answer:** 67% of U. S. households own a pet.



# INSPIRATION

“We’re not all supposed to be skinny, just like we’re not all supposed to be tall, have small feet, or excel in math.”

~ Michelle V. Scott, M.S.W. and host of The F.A.T. Life Podcast

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“Love is just a word until someone comes along and gives it meaning.”

~ Paulo Coelho

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“What would you do, if you were stuck in one place, and every day was exactly the same, and nothing you could say, and nothing you could do, mattered?”

~ Phil Connors

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“I can accept failure. Everyone fails at something. But I can’t accept not trying.”

~ Michael Jordan

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“Never stop learning how to learn.”

~ Billie Jean King

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“I like the dreams of the future better than the history of the past.”

~ Oprah Winfrey



# VIDEO

Have your YMCA nutritionist share via video the best foods to eat before and after a workout.

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Create and post instructional videos with the following content: **Don't know how to use this machine? Let us show you!**

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If you have a child care program, have your teachers introduce themselves with a brief bio, then have them share the activities that kids can participate in at your location.

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Showcase videos of how you sanitize your workout equipment with the following content – The health, safety, and well-being of our members and staff is our top priority. We have oodles of safety measures in place and daily cleaning rituals to protect all who enter our facilities. Come in for a tour today!

**Help us help you! Take the [ySocial Survey!](#)**