

June is **National Safety Month**, **Men's Health Month**, and **Pride Month**

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

June 2 - Global Running Day

Go for a run! 🏃 Running is a good form of aerobic exercise and can help improve your mental and physical health.

June 3 - National Egg Day

🔍 Try a [new egg recipe](#) for breakfast, lunch, or dinner.

June 4 - National Cheese Day & National Doughnut Day

What's your favorite kind of cheese? 🧀 What's your favorite type of doughnut?

June 7 - National Chocolate Ice Cream Day

Splurge and take the family out for ice cream tonight.

June 14 - Flag Day

Fly your flag or visit a National Park or Monument.

June 19 - Juneteenth

Together we will see Juneteenth become a national day of observance in America!

June 20 - Father's Day

Spend the day with Dad at a baseball game, fishing, golfing, hiking, or whatever he chooses.

June 21 - National Selfie Day & International Yoga Day

📷 Say Cheese, and share your Yoga selfies with us!

FOOD & DRINK

What's in season? Raspberries, strawberries, zucchini, yellow squash, eggplant, asparagus, chard, cauliflower, cherries, peas, lettuce, radish, watercress, and spring onions.

How many eggs can you eat per day and be healthy? The key is [moderation](#). #NationalEggDay

It's grilling season! What's your favorite backyard BBQ recipe?

We're crazy for [cauliflower](#), and you should be too!

Fresh, bright seasonal ingredients make these [summer salads](#) crave-worthy.

Use up that fresh zucchini and yellow squash in [this dish](#) with quinoa and walnuts. Yummy!

Break out the picnic basket, find a peaceful or scenic spot, and give one of these [easy and delicious recipes](#) a try.

Take your grilled chicken to the next level with these [inspired recipes](#) from Epicurious.

Break out the ice cream maker for this ultra-rich and creamy, oh-so decadent [Homemade Chocolate Ice Cream!](#) #NationalChocolateIceCreamDay


Cherries are in season, and June 4 is National Cheese Day. We think this grilled [Camembert with Cherries and Rosemary](#) will be the bomb!



LIFESTYLE

Ask your members, “What’s in your gym bag? We want to know your best-kept beauty, health, and clothing secrets.”

Are you planning a summer road trip with your pup? [Read on](#) for expert travel tips to ensure a safe and happy journey for you both.

 It might be time to purchase some new running shoes. Well-fitted shoes provide more comfort and can help prevent injury.

Unsafe food is responsible for more than 200 diseases due to the harmful bacteria, viruses, parasites, or chemicals they might contain. [Download your guide](#) for World Food Safety Day on June 7.

Did you know? You can give your worn-out flags to the American Legion or Boy/Girl Scouts, where they will burn the flags in a formal ceremony on Flag Day, June 14th.

Feeling down or stressed out? Tackle your most challenging task first thing in the morning and switch on those happy brain chemicals! Your sense of accomplishment will carry you through the day.

Get your blood flowing every morning by doing: 20 bodyweight squats, 10 push-ups, 10 walking lunges per leg, 10 dumbbell rows on each arm, a 15-second plank, and 30 jumping jacks.

Did you misplace your keys, your phone, your laptop, your gym bag? Maybe you need [one of these](#) in your life.



COMMUNITY

The June 4th celebration of donuts was created by The Salvation Army in 1938 to honor the women who brought soldiers doughnuts in World War I. On this day, consider becoming a Salvation Army volunteer.

Love the men in your life! Sometimes they don't look after themselves very well. Take your dad, brother, uncle, grandfather, significant other, or best friend to the doctor.
#nationalmenshealthmonth

Find in-person and virtual Pride celebrations and events wherever you may be from this [searchable site](#).

Practice some self-care and give a gift. Gift-giving, whether it's to yourself or others, can make you feel good!

[Volunteer at the Y](#) this Summer! Check your local YMCA for volunteer opportunities. #YMCA
#Volunteer



HEALTH

Future runners, read up on these 11 practical steps on [How to Start Running](#).

In the market for a new fitness tracker? [Healthline](#) names the ten best for 2021.

Sign up for a yoga retreat and connect with your inner self. There are various lengths to choose from, but all will help you relax and unwind. #yoga #retreat #relax

Summer officially begins. Extra time in the sun creates more Vitamin D in our system, which reduces depression. So not only is summertime nostalgic and fun, but it's good for us too!

Ask your members, "What do you do to treat yourself after a hard workout?"

Protect your skin! Take a few extra seconds each morning to apply SPF to the backs of your hands, neck, and ears. These are common spots for several types of skin cancer and are easily missed areas.

Remember to up your water intake while outdoors in the summer sun. Even mild activities like gardening or walking the beach can dehydrate you quickly.

Know the signs and symptoms of [heat-related illnesses](#) from the CDC.

Binge-watching your favorite show? Do some [couch exercises](#) at the same time.

Suffering from eye strain? Use the 20-20-20 rule. Every 20 minutes, remind yourself to take your eyes off the screen and look at something that's at least 20 feet away for 20 seconds.



PARENTING

Get crafty with the kids, and make these super cute [bunny jars!](#) Fill them with fresh-cut flowers from the garden and give them as a thank you gift.

From Tortilla Pepperoni Pizzas to Slow-cooked Baby Back Ribs, these [kid-friendly summer suppers](#) will be your next go tos.

We know you're going to start hearing, "I'm bored." Summer offers many new and different activities to help curb your child's boredom. Get a free printable list with 100 ideas [here](#).

Succulents are all the rage. Have your kids create these [Pet Cactus Rocks](#) for a fuss-free indoor or outdoor garden.

Everyone loves a [homemade gift](#), including Dad's! Father's Day is June 20.

Make family meals together a must. The social interaction and discussions of current topics at the dinner table can make kids better communicators in life.

Have you been updated on the latest Dirty Dozen and Clean Fifteen lists? See which [fruits and veggies](#) are in or out.

If there's not enough time in your day to make healthy meals for dinner, try loading up your slow cooker insert with the fixings for your family's favorite crockpot meal. Refrigerate overnight and pop into your slow-cooker in the morning.

Looking for childcare this summer? Look no further. The YMCA has a great childcare program. Stop by today to learn more.

MEMBERSHIP

[Plan a "Wear Blue Day"](#) to help spread the word on Men's Health Month.

We still have Summer Camp openings available! Register online at *(URL to registration page)*

Beat the heat by bringing your workouts indoors to the YMCA!

During Men's Health Month, hang posters to raise [awareness for prostate cancer](#) and collect funds for prostate cancer research.

Have you heard about our Healthy Living Programs? Being healthy is more than being physically active. It's about maintaining a balanced spirit, mind, and body. *(URL to Health & Wellness page)*

Do you have a nutrition-related question? Ask our Registered Dietitian! *(URL to email in a question page)*

Summer Giveaway! Private swim lessons for the family. To enter to win, just comment why you would like swim lessons.

Did your Y get some new gym equipment? Posting pictures is a great way to show the quality of your machines and the layout of your gym to influence new members.

Click "like" if you love our summer camps!



TRIVIA

How many eggs does the average hen lay a year?

Answer: The average hen lays 300 to 325 eggs a year.

According to a 2021 poll, America's favorite cheese is?

Answer: Cheddar (19%). Followed by American (13%), Mozzarella (9%), and Swiss (8%)

How many seeds are in a raspberry?

Answer: Tiny bead-like fruits called "drupelets" clustered around a core make one raspberry. Each drupelet contains one seed, and an average raspberry has 100 to 120 of them.

How many baths can you take using the water from an Olympic-size pool?

Answer: 9,400 baths! Olympic-size pools are about 164 feet long, 82 feet wide, and 6 feet deep. That makes for a volume of 88,263 cubic feet or some 660,253.09 gallons of water!

Who holds the record for the most home runs?

Answer: Barry Bonds

What year was everyone's favorite and fearful Summertime movie Jaws released?

Answer: 1975



INSPIRATION

“Forget art. Put your trust in ice cream.”

~ Charles Baxter

“...all persons held as slaves within any State... shall be then, thenceforward, and forever free...”

~ Abraham Lincoln

Always believe that something wonderful is about to happen.

Listen to a happy song. Bonus points for dancing!

Find an Instagram account to follow that inspires you to get outside, get fit, or just to get the most out of summertime.

“The strongest of all warriors are these two – time and patience.”

~ Leo Tolstoy

Create a new summertime playlist. [Spotify](#) has one that is ready to go with 6 hours of music.

“Live in the sunshine. Swim in the sea. Drink in the wild air.”

~ Ralph Waldo Emerson

“When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome.”

~ Wilma Rudolph



VIDEO

Create some fitness demonstration videos aimed towards men for #MensHealthMonth

Sometimes it's hard for your members to "be in it." Have your trainers share supportive inspirational videos to help push them through their workouts.

Participate in #TransformationTuesday. Post videos to give potential members an idea of your current members' success with your programs. Always get permission from them first!

Take a video of your pool and post with these words, "The pool is calling."

Share bio videos of this Summer's Y Lifeguards. It's a great way to introduce your staff as well as show off your pool.

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