



March is **Women's History Month** and **National Nutrition Month**

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

---

### March 3 - World Wildlife Day

  Visit the zoo and appreciate all of the amazing animals this planet has to offer!

### March 5 - Employee Appreciation Day

A healthy and positive work environment benefits both employers and employees. Show your appreciation with a small gift, buy lunch for the crew, or give them the afternoon off!

### March 14 - Daylight Savings Begins and Pi Day

Have some pie for Pi Day and enjoy the extra hour of daylight! 

<https://www.tasteofhome.com/collection/our-best-pie-recipes/>

### March 17 - St. Patrick's Day

✪ Happy St. Patrick's Day! You better be wearing green, or else you're gonna get pinched.

### March 19 - Red Nose Day


Last year, Red Nose Day was able to supply more than 40 million meals to families in the U.S.

Learn how you can help in 2021: <https://rednoseday.org/what-is-red-nose-day>

### March 20 - First Day of Spring

Yay! It's the end of a long winter. It's time to start buying those seeds and planning your garden.

### March 27 - Earth Hour

 #EarthHour takes place tonight at 8:30 pm. Light a candle and turn off all non-essential lights for one hour to help reduce the carbon footprint.

# FOOD & DRINK

What's in season? 🌿 🍌 🥦 Asparagus, kiwi, guava, grapefruit, tamarillo, artichokes, broccoli, Brussels sprouts, cauliflower, leeks, lettuce, mushrooms, parsnips, pineapples, radishes, rutabagas, and turnips.

---

Go nuts! Eating 2-3 ounces of walnuts per day makes for a healthy gut. Here's a nutty recipe to try: <https://www.foodnetwork.com/recipes/food-network-kitchen/walnut-pesto-9428182>

---

Did you know dried beans never go bad and are safe to eat indefinitely? Older beans take much longer to cook and may lose some flavor, but otherwise, it's an excellent food to stock up on.

---

Try a new tuber this month and mash up some rutabagas. These mashers have fewer calories and carbs than potatoes.

---

✪ Need some food inspiration for St. Patrick's Day? Look no further!  
<https://www.delish.com/st-patricks-day-ideas/>

---

**Mood booster:** Pretend you're on a tropical island basking in the glorious sun - blend 1 ½ cups pineapple juice, a banana, 1 ½ cups of pineapple chunks, and ¾ cup Greek yogurt for a refreshing and nutritious smoothie.

---

Think lettuce can be boring? These are some next-level ways to get your greens right here!  
<https://www.bonappetit.com/test-kitchen/ingredients/slideshow/lettuce-recipes>

---

This March, think green - veggies, that is! Try adding greens to a wrap, spiralizing zucchini for pasta, or grating broccoli into mac & cheese. Green veggies have anti-inflammatory properties, support liver function, and are essential for brain and heart health.

---

Think green, again! Sipping green tea inhibits the absorption of unhealthy fats due to its antioxidant content.



# LIFESTYLE

Trigger the feels. Focus on a nearby object, like a tree. Then think back to a happy memory linked to that object, like climbing an old elm with your best friend at summer camp. This drill forces you to search your mental archives for memories you may have forgotten.

---

**The power of plants!** 🌿🌸 Research has found that being around houseplants and flowers helps people's problem-solving and creativity in the workplace. What's your favorite flower?

---

**Pet Safety:** Ensure your space is safe for your furry friends and store human food out of reach. Especially toxic foods like chocolate and grapes or raisins.

---

🐰🥚🐣 It can be a hard sell for many to swap the sugar for better alternatives at Easter. But believe it or not, we found some!

<https://www.parents.com/holiday/easter/recipes/healthy-easter-snacks/>

---

De-stress at your desk by putting your computer on sleep mode. If you can't see the Slack messages and emails popping up, it's a lot easier to disconnect for a few minutes and bring your anxiety levels in check.

---

Are you thinking about getting a pup? Dog owners take nearly 2,800 more steps per day than those without one. Plus, interacting with animals can lower your anxiety levels.

---

**Shopping tip:** Choose yogurt that is low in added sugar. A good rule of thumb is 8 grams or less of added sugar per serving.

---

31 days in March, 31 delicious and healthy meals to give a go!

<https://www.eatingwell.com/gallery/11401/31-healthy-recipes-to-make-this-march/>



# COMMUNITY

Your local animal shelters are often in need of things you may be getting rid of, like linens and towels, so think twice before throwing them out.

---

Volunteer to help clean up trash and other debris along the beach, at the park, or along the roadside. Garbage and debris can pollute the water and land habitats of native plants and animals.

---

Give the gift of life by donating blood through the American Red Cross. It's a valuable resource that can help save lives and only takes about an hour of your time.

---

🐻❄️🐅🐘🐼 Help a polar bear, tiger, panda, sloth, and so many others by adopting one through the World Wildlife Fund. Your donations will directly protect animals' lives and habitats. <https://gifts.worldwildlife.org/gift-center/gifts/Species-Adoptions.aspx>



# HEALTH

Did you know starting your day with protein can help you feel more energized and productive all morning? Make some avocado toast sprinkled with sunflower seeds, scrambled eggs with veggies, or oatmeal with fruit and nuts. #foodgoals #nutrition #avocado

---

♥ Improve your heart health without running, cycling, or even excessive sweating! Yes, you read that right, now read this: <http://ow.ly/3gPQ50Dx3pD>

---

If you can celebrate Easter outside, hooray! But please remember it is still imperative to stay 6 feet apart, wear a mask, and wash your hands. It's not over yet. #staysafe #maskson #covid #easter

---

Did you know that grip strength is a reliable marker of overall muscle mass? Boost your strength, longevity, and quality of life with these exercises.

<https://www.menshealth.com/uk/fitness/a34411145/grip-strength/>

---

#MasksOn while exercising. Check out the top breathable face masks that'll keep you safe.

<http://ow.ly/xDiM50DDIDS>

---

✘ Corned Beef and Cabbage are a must for St. Patrick's Day unless you're a vegetarian or vegan. Alas, you can still take part in the ways of the Irish with these alternatives.

<https://thegreenloot.com/vegan-st-patricks-day-recipes/>

---

Got 10 minutes? Work those abs! <http://ow.ly/l7zo50Dx4Ta>



# PARENTING

Using food to connect with ancestry can be incredibly comforting for children during uncertain times. Tell us about your favorite family recipe.

---

Don't worry. Children have always used pretend play to help cope during difficult times. <http://ow.ly/X2JG50Dx4wR>

---

📱💻 Kids and parents alike have been spending more time on their screens. Need a break? Think analog! Ditch the devices for a physical book, puzzles, or board games.

---

Honesty is the best policy! <http://ow.ly/FGFS50DCXWD>

---

Quiz for the kids. Have your children test their knowledge of foods from around the world. We guarantee you'll learn something too. <http://ow.ly/C7QK50Dx5Se>

---

Expert advice on how you can help your children become helpers and make the world a better place. <http://ow.ly/4Nut50DDJ4T> #spreadgoodness

---

Get sneaky with those veggies with "The Blend." Add chopped cooked mushrooms to the mix anytime you're using ground beef for tacos, meatloaf, burgers, lasagna, and meatballs. Your kids will never know!

---

It's never too late to start planning your kids' summer camps. See what the Y has to offer: ([link to summer camps](#))

# MEMBERSHIP

Were you dreaming of spring break at the beach? Come to the pool at the Y instead! It's clean and safe. #fitness #YMCA #pool #swimming #beach #travel

---

Gain insight into how your members utilize the Y by asking: "Does your daily routine involve the YMCA? Tell us how we fit into your schedule."

---

Let the YMCA help you on your journey to wellness, and check out our fitness schedule for 2021! *(insert the link for the fitness class schedule)*

---

Don't let the rainy days of Spring ruin your fitness goals. Bring your workouts to the YMCA! We have fitness classes for all levels, state-of-the-art workout equipment, free weights, and so much more. *(link to page with YMCA offerings)*

---

We are still in the throes of COVID so take advantage of throwback Thursdays by posting past years' events, milestones, and happenings.

---

**We're making it easy for you with a cheat sheet on COVID-19 hashtags.** #coronavirus #covid19 #covid #corona #quarantine #staysafe #love #socialdistancing #pandemic #stayathome #virus #inthisogether #wegotthis #stayingpositive #staysane #housebound



# TRIVIA

What famous person was born on Pi day in 1879?

**Answer:** Albert Einstein, widely referred to as the father of modern physics, was born on March 14, 1879.

---

Beware the Ides of March! Legend surrounds this ill-fated day. Which day is it?

**Answer:** March 15. The Romans considered this day as a deadline for settling debts, but it's most famously known for the murder of Julius Caesar in 44 BC.

---

According to Irish lore, what did Saint Patrick drive out of Ireland?

A. Rats B. Snakes C. Witches D. Demons

**Answer:** Snakes. The absence of snakes in Ireland gave rise to the legend that they were banished by Patrick, who chased them into the sea after attacking him during a 40-day fast. However, most biologists maintain there were never any snakes in Ireland.

---

Who was the only person in NBA history to be named Most Valuable Player, Coach of the Year, and Executive of the Year?

**Answer:** Larry Bird, who won three NBA championships and two NBA Finals MVP awards. He was head coach of the Indiana Pacers and then assumed the role of president of basketball operations for the Pacers.

---

How many pints of Guinness are consumed each year on Saint Patrick's Day?

A. 13 Billion B. 1.3 Million C. 13 Million D. 130 Million

**Answer:** A. 13 Billion pints of Guinness!

---

#WorldWildlifeDay - How many new species are discovered each year?

**Answer:** About 18,000 new species are discovered each year, with half of those being insects.



# INSPIRATION

"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten." ~ Neil Gaiman

---

"Don't stop when you are tired. Stop when you are done." ~ Unknown

---

"Here comes the sun, and I say it's all right." ~ The Beatles

---

"The first blooms of Spring always make my heart sing." ~ S. Brown

---

"May you have all the happiness and luck that life can hold - and at the end of your rainbows, may you find a pot of gold." ~ Old Irish Blessing

---

"Until one has loved an animal, a part of one's soul remains unawakened." ~ Anatole France



# VIDEO

Have your employees share their favorite place to be outdoors in your area. Think trails, parks, gardens, neighborhoods. Anywhere that sparks motivation and well-being.

---

Keep your members motivated without getting frustrated by creating mini-video training sessions showing your most challenging workout moves and how they can perfect them.

---

Post video spots of your trainers sharing what keeps them motivated and inspired.  
#mondaymotivation

---

Give your YMCA a name and face with employee spotlight videos. It's a great way to get your members comfortable with the Y.

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