

October is National Breast Cancer Awareness Month and National Suicide Prevention Awareness Month

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

October 1 - World Vegetarian Day

Start the day meat-free, [pack a vegetarian lunch](#), or educate yourself on a plant-based diet.

October 10 - World Mental Health Day

Check out the World Health Organization's website for [exceptional resources](#) on keeping mentally healthy. #worldmentalhealthday

October 17 - National Pasta Day

Reinvent pasta night! Swap unique recipes with friends and family to make pasta nights more interesting again.

October 26 - National Pumpkin Day

Make some savory [Pumpkin Pancakes](#) to start the day, or have breakfast for dinner!

October 27 - National Black Cat Day

Not to exclude any cats this week, **National Cat Day is October 29**. Pamper your purrfect pet with a nice long belly rub or a special treat.

October 28 - National Chocolate Day

Celebrate #nationalchocolateday by making this easy [Chocolate Bark with Almonds](#).

October 31 - Halloween

Happy Halloween! Do you prefer tricks or treats?

FOOD & DRINK

What's in season? A cornucopia of goodness! Pears, apples, plums, figs, pumpkins, grapes, winter squash, brussels sprouts, leeks, cauliflower, broccoli, sweet potatoes, potatoes, lettuce, and so much more.

The key to making pasta a healthy choice is what goes on the noodles. Choose lots of vegetables, quality proteins, and healthy fats like what's in this [Shrimp and Roasted Vegetable Pasta](#) recipe.

Enjoying game day doesn't have to weigh you down. Enjoy these [healthy halftime snacks!](#)

Make some tasty tacos for National Taco Day on October 4. [Food & Wine](#) has a splendid collection to check out for all types of eaters.

New to figs? Try a fancied up grilled cheese with ciabatta, fig jam, gruyere, and bacon.

Strengthen your immune system with plant nutrients and chlorophyll! Make this Green Juice by juicing 4 dill springs + 1 bunch celery + 2 peeled English cucumbers, and 1 peeled lime.

October 12 is National Farmers Day. Shop at your local farmer's market to show your gratitude!

It's winter squash season. Make [Butternut Soup](#) and top it with roasted pepitas and cayenne.

Eat dessert first on October 14th for National Dessert Day. [Fit Foodie Finds](#), has some tasty-looking ones!

Few things evoke the warm, cozy fall vibe, like the flavor of pumpkin pie spice. Add a sprinkle to hot chocolate or warm milk for an evening treat.



LIFESTYLE

Love to read but don't have time? Audiobooks are a fantastic way to get your reading in as you cook dinner, clean the house, or work out at the Y!

What does a day of food look like in your world? Keeping a food journal is an excellent way to find out if you are nutritionally on track.

Change your bulbs. An LED bulb uses 85% less energy than an incandescent. They'll last 20 times longer and can save you about 30% in energy bills.

Are you in the market for a new fitness tracker? [Wired](#) has researched the best ones, so you don't have to!

Up your environmental game by replacing disposable razors with a long-lasting safety razor.

What are your healthy cooking hacks? Share them with us.

Fall Safety Tip: Wet leaves covering the road are very slippery and dangerous! You'll need 5 - 10 times the average braking distance to ensure your safety.

October 3 - 9 is Fire Prevention Week. You could have less than 2 minutes to get to safety once the smoke alarm goes off. Grab your [fire safety social media graphics here](#).

Put down the Halloween candy and try a new fruit! They contain valuable nutrients such as fiber, vitamins, minerals, and phytonutrients that refined sugars do not.

Ready to head back to the Y? Take it slow. The biggest mistake you can make when starting a new exercise routine is starting too fast or too hard.



COMMUNITY

Did you know 51% of all food programs rely entirely on volunteers? **Learn how you can get involved at a food bank near you.**

October 5 is World Teachers' Day. Donate supplies to your children's teachers. The more resources they have, the better your child's learning environment!

Pledge to Be Stigma-Free. Together we can change the way the world sees mental health.

Did you know black cats are the least adopted? Consider adopting a furry companion this month. #NationalBlackCatDay

Organize a **food drive** and start collecting for Thanksgiving. #feedingamerica



HEALTH

Superfood of the month - Tahini. It's got antioxidants for heart health, a great source of iron, rich in b vitamins, and full of healthy fats. Plus, 2 tablespoons provides 15% of your daily calcium requirement.

If you must have chocolate, make it dark. Research suggests it may help lower the risk of heart disease, reduce inflammation and insulin resistance, and improve brain function.

World Stroke Day is October 29. By learning the **F.A.S.T. warning signs**, you just might save someone from a stroke.

A good night's sleep can benefit your mental health! And, **regular exercise increases your body temperature** so your brain can have an easier time winding down when you're ready for bed.

Have sore muscles or feet? Add 2 Tbsp mustard and 1 tsp Epsom salt to your bathwater.

Protect yourself from the flu – avoid close contact, stay home when you are sick, cover your mouth and nose when you sneeze or cough, wash your hands, and avoid touching your eyes, nose, and mouth.

Wellness Challenge: Sit less, move more. It's easy to add more activity to your day. Take a walk at lunch, pace during phone calls, take the stairs or park further away from a building.

Try a new after-workout snack with this protein-packed **Greek Yogurt Dip** and some fresh veggies!

October is a beautiful time to get outside. **Check out a new trail to hike, go for a bike ride, or check out a park near you.** #takeahike #hitthetrails #bike



PARENTING

It's the season of pumpkins, mummies, ghosts, and goblins! Enjoy these fun **fall crafts and activities** for the entire family.

Add a special lunchbox surprise! Write a trivia question on the front of a piece of paper with the answer on the back.

October 6 is Walk to School Day. Teach your children how to cross the street and remind them to always look both ways before crossing.

What's your go-to, quick and easy meal before trick or treating?

Have a fall movie night with spicy popcorn! Toss warm popcorn with melted butter, a pinch of pumpkin pie spice, cayenne, and salt.

Trending: **Painted pumpkins.** Create something extraordinary with your family this year with one of these fantastic decorating ideas.

Parents often struggle with what to pack in their kids' lunches. Aim for 1-2 proteins, 1 grain or starch, one fruit, and one vegetable.

Support your child's mental health by encouraging play and exercise, engaging in conversation, or teaching them effective problem-solving strategies.

Over-indulging on Halloween Candy can turn your kid into a zombie! It negatively impacts attention span, concentration, and short-term memory. **Keep an eye on how much they eat.**

MEMBERSHIP

Exercise and fitness are more important than ever – they help strengthen your body and immune system. Join us for these daily workouts! ([link to fitness classes](#))

Let us take some of the stress away from your day. Learn about the Y's Child Care Programs. ([link to Child Care Programs](#))

“We have classes for all fitness levels!” Showcasing classes for different abilities helps vulnerable groups feel included.

Are you getting bored with your current workout routine? Check out our class listings and try something new! ([link to class schedules](#))

Create a contest to win a free membership to the Y.

Best Fitness Hashtag Cheat Sheet – #GetFit #Cardio #Cycling #FitFam #FitLife #Fitness #FitnessMotivation #GetStrong #LiftHeavy #GirlsWhoLift #GymLife #GymTime #NoPainNoGain #PersonalTrainer #Sweat #Weights #WeightLifting #Workout #TransformationTuesday #FitQuote #FitnessMotivation #MotivationMonday #Fitspo #GetFit #Goals #YouCanDolt #FitnessGoals #TrainHard #GoHardOrGoHome #NoExcuses



TRIVIA

When is Halloween thought to be originated? A. 4000 BC, 200 AD, 1740 or 1921

Answer: 4000 BC

Which of these brands dabbled in frozen foods in the 80s - Revlon, Colgate, or Fisher-Price?

Answer: Colgate. Ugh, minty fresh beef lasagna, anyone?

What are the Native American vegetables known as the three sisters?

Answer: Corn, beans, and squash

What "fruit" is technically a flower?

Answer: Figs

Stretching after a workout helps to accomplish what?

Answer: Stretching relaxes strained muscles

Why did people start dressing up for Halloween in costumes?

Answer: Many Europeans, including the Celts, dressed in costumes to repel spirits that they believed came back to Earth on what we now know as Halloween.

Best guesstimates show that there are how many vegetarians in the world?

100 million, 1.5 billion, or 3.7 billion?

Answer: There are an estimated 1.5 billion vegetarians, but only 75 million are so by choice.

How many cocoa beans does it take to make one pound of chocolate?

Answer: 400 cocoa beans.

What style of yoga do you practice in a hot room?

Answer: Bikram

A close-up photograph of aloe vera leaves, showing their characteristic serrated edges and layered structure. The leaves are a vibrant green color.

INSPIRATION

“Today you are you! That is truer than true! There is no one alive who is you-er than you!”
~ Dr. Seuss

Life begins at the end of your comfort zone.

“They always say time changes things, but you actually have to change them yourself.”
~ Andy Warhol

“Some people want it to happen, some wish it would happen, others make it happen.”
~ Michael Jordan

“Wake up determined, go to bed satisfied.”
~ Dwayne “The Rock” Johnson

The difference between try and triumph is a little ‘umph’.

“The real workout starts when you want to stop.”
~ Ronnie Coleman

“All great achievements require time.”
~ Maya Angelou

“Motivation is what gets you started. Habit is what keeps you going.”
~ Jim Ryun



VIDEO

Have your Y expert explain popular and trending questions by creating a weekly “Ask the Dietician” video segment. Is soy safe? What’s the difference between Keto and Paleo? What are the best foods for weight loss? **The possibilities are endless!**

GO LIVE: Host a Halloween Costume Parade and contest and have people vote on their favorite adult and kids costumes.

Post fitness class clips on Instagram. There is a thriving community of fitness enthusiasts found here, and because it’s focused on visual content, your images and video clips can effectively promote your Y.

Have a fitness instructor create short videos on stretching and why it is essential to do before and after your workouts.

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