

September is **National Preparedness Month, Suicide Prevention Awareness Month, and Childhood Cancer Awareness Month**

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

September 6 - Read a Book Day

Read to yourself or others. It helps improve your vocabulary and cognitive skills.

September 7 - National Beer Lovers Day

It's also the start of Oktoberfest on the 18th and National Drink Beer Day on September 28. Visit a local brewery but stick to a low-carb, low-calorie, light one.

September 10 - Suicide Prevention Day

Did you know acknowledging and talking about suicide may reduce suicidal thoughts? [Don't be afraid to ask the tough question.](#) #BeThe1ToAsk

September 11 - Patriot Day

Lower your flag to half-mast and have a moment of silence at 8:45 am.

September 12 - Grandparents' Day

Have your grandparents tell you a story about what the world was like when they were young. Their valuable experiences are priceless!

September 25 - National One Hit Wonder Day

Tell us what your favorite One Hit Wonder is. Think "Tequila?" "Monster Mash?" "Don't Worry, Be Happy?" "Tubthumping?"

September 29 - National Coffee Day

Treat your co-workers to their favorite brew, or try a new flavor for yourself!

FOOD & DRINK

What's in Season? Apples, melons, peaches, grapes, cucumbers, green beans, radicchio, cabbage, cauliflower, eggplant, carrots, greens, leeks, onions, beets, turnips, parsnips, okra, peppers, pumpkins, winter squash, and so much more!

Add ½ tsp of this Homemade Pumpkin Spice to your morning latte = 3 Tbsp ground cinnamon + 2 tsp ground ginger + 2 tsp ground nutmeg + 1 ½ tsp ground allspice + 1 ½ tsp ground cloves. You're welcome.

September 5 is National Cheese Pizza Day, and the 20th is National Pepperoni Pizza Day. Make a pizza and swap out the white dough for this [whole-wheat version](#).

Take advantage of the grapes and cucumbers that are in season and create this refreshing [Green Gazpacho](#). It is sure to be a hit!

Blend 1 cup spinach + 1/2 cup each unsweetened coconut water - water - frozen chopped pineapple - frozen sliced peaches + 1/2 banana + 1 tablespoon coconut oil for the **perfect pre-workout smoothie**.

What's for dinner tonight? How about chicken. [Epicurious has 77](#) of the best recipes out there.

Post for 9/18 - This observance is so cheesy. It's National Cheeseburger Day! What's your favorite cheeseburger cheese?

Not sure what to do with an eggplant? [Bon Appetit](#) provides you with how to cook eggplant perfectly every single time.

National Pancake Day is September 26. Take your regular cakes to the next level with Strawberry Jam and Goat Cheese as toppings. Mmmm, fancy!



LIFESTYLE

All it takes is 15 minutes in the morning to fill up your slow cooker and have dinner ready when you get home. These load-and-go recipes from [Eating Well](#) can get you started.

Minimize your beauty footprint and look into recycling programs that will take your empties, like TerraCycle, or clean and reuse containers that are not recyclable.

Bedtime procrastination. It's a thing! Reserve your bedtime for journaling, reading a book, or taking a bath instead of binging your favorite show or spending hours on your phone. You'll be thankful in the morning for a good night's sleep.

Not all of us are tech-savvy, and I'm sure you've noticed **QR Codes are everywhere now.** Here's how to [scan one](#) from your phone.

Dinner is a lot more manageable and delicious when you divide up the work. Designate someone to prep components in the morning and then someone else to finish cooking when they get home from work or school.

Hiking is the perfect fall exercise. The temperatures are cooler, and the changing of the leaves are showing us their amazing colors. [#TakeAHike](#) [#fallleaves](#) [#autumn](#)

If dry shampoo is your go-to after those extra sweaty workouts, overuse can make hair dry and vulnerable to breakage. Use in moderation.



COMMUNITY

September 8 is International Literacy Day. The [Prison Book Program](#) details how you can donate books for people in prisons.

Show support for local police and firefighters as a way to honor the emergency personnel who gave their lives on 9/11. Order food for delivery, or drop off some homemade baked goods.

Volunteer in a local nursing home to adopt-a-grandparent. Spend the time making arts and crafts, reading, or just talking.

September 5 is National Cheese Pizza Day, and the 20th is National Pepperoni Pizza Day. Order a pie from your favorite local pizzeria for dinner tonight! #supportlocal #eatlocal



HEALTH

Did you know cardiorespiratory fitness (CRF) is a significant indicator of your overall health? And, just 20 seconds of vigorous stair climbing three times a day for three weeks can help raise your CRF levels to lower your risk of a variety of conditions.

Mental Health Booster: Take a few seconds to text a compliment to someone. This random act of kindness can improve the mood of the receiver as well as yours too!

Save time and snack healthy! Hard boil a pot of eggs (not just a couple) and slice onto salads, eat for breakfast, or enjoy a protein-packed snack.

Trending: Exercise snack - is a short, easy exercise that gives you similar benefits as a longer, more sustained workout.

My best friend had a heart attack this week, and odds are you know someone who has too. Prevention information is often shared, but what about recovery? [Heart.org](https://www.heart.org) provide me with many answers to my questions.

Reminder: Time to get to the Y! Current exercise guidelines call for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise each week.

Do your knees make a cracking noise when you squat or stand? Don't worry; it's completely normal and called crepitus. Tiny air bubbles cause in the synovial fluid of the joint cause it. But do check with your doctor if it causes you any discomfort.

Halloween is just around the corner, and chocolate abounds. As long as you choose a piece that's at least 70 percent cacao (that means dark), then this antioxidant-packed snack can be a regular, guilt-free pleasure. In moderation, of course!



PARENTING

Super fun idea! Pick up some paint chips from the hardware store, and play a game to see who can match the most paint colors to hues they find outdoors!

Kids are feeling stressed out more than usual these days. Create a safe, quiet space for them to deepen their connection to nature and develop a sense of belonging. Your yard, garden, or local park can be just that place.

September 13 is **Kids Take Over the Kitchen Day**. With a bit of adult supervision, have your kids make dinner for you. [The Food Network](#) has 19 easy recipes from which to choose.

Free entertainment! September sees the migration of birds heading south for the winter. Set up a backyard feeder and have your kids identify as many varieties as they can.

In honor of Childhood Cancer Awareness Month, have your child send a [free e-card](#) to a St. Jude patient and help make someone's day a little brighter.

Family mealtime conversation: Connect the food on your plates with the plants and animals from which your meals are coming. The more your kids know now, the better they will make sound food choices in the future.

Check out these [fun fall kids' crafts](#) with a printable list.

Your child brings home an abstract painting from art class today, or is it a cow, a tree, the solar system? Here's a [great guide](#) on how to talk to your kids about their art.

Are you considering a [family pet](#)? Perhaps you should start small.



MEMBERSHIP

Offer advice for people who may be uncomfortable going to the Y. Not everyone is comfortable with their body, COVID fears still abound, and race or gender can be an issue for some.

#MindfulMonday / Finish this thought. My body is _____ .

Walking can do wonders for your body and your mind. Catch up with a friend and take a walk around the track at the Y.

Hey Members! How do you get your steps in every day?

Are you in need of child care? Look no further than the YMCA. (*link to the child care services page on your website*)

Don't let the cooler temps get to you. Bring your swim routine inside to the Y.



TRIVIA

Post on 9/29 for National Coffee Day -

Happy National Coffee Day! Which country produces the most coffee in the world?

Answer: Brazil

What do you call a cheeseburger with the cheese inside the meat and not on top?

Answer: Jucy Lucy

Globe and Jerusalem are types of what?

Answer: Artichoke

September in the Northern Hemisphere is similar to which month in the Southern Hemisphere?

A. January B. March C. May D. September

Answer: March

What is September's full moon called?

Answer: The Corn or Harvest Moon

How many apples does it take to create one gallon of apple cider?

Answer: It takes about 36 apples to make one gallon of apple cider.

#OneHitWonderDay - According to VH1, what is the number one One Hit Wonder of all time?

Answer: Macarena by Los Del Rio. Now you'll have that song stuck in your head all day!

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

INSPIRATION

“There’s never enough time to do all the nothing you want.”

~ Bill Watterson

“Eat food. Not too much. Mostly plants.”

~ Michael Pollan

“You’re only one workout away from a good mood.”

“Open your eyes to the beauty around you, open your mind to the wonders of life, open your heart to those who love you, and always be true to yourself.”

~ Maya Angelou

“Do something today that your future self will thank you for.”

“Autumn shows us how beautiful it is to let things go.”

“Making excuses burns zero calories per hour.”

“Always in motion is the future.”

~ Yoda

“If you want something you’ve never had, you must be willing to do something you’ve never done.”

~ Thomas Jefferson



VIDEO

Have your YMCA nutritionist explain ways to avoid sneaky sugars, define ways to cut back on them, and the health benefits you'll gain from giving up the sweet life.

You asked we answered segments. Example: a Y member asks, "What's the best time to work out?" An instructor can answer the question via video then post on your social channels to share with all your members.

Gym tour time! Highlight all your Y has to offer as the chilly fall days and nights approach and people head back inside to exercise.

Showcase a Q&A with an instructor so that new members feel more comfortable approaching them during class.

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