

## April is **National Autism Awareness, Stress Awareness Month, National Donate Life Month**

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

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### **April 6 - National Walking Day**

Celebrate the easiest way to get healthy today with a walk. Getting in 10,000 steps a day is an effective way to improve your health and help prevent type II diabetes and heart disease.

### **April 10 - Palm Sunday, National Siblings Day**

Share your childhood photos and memories with us. Be sure to tag your siblings.

### **April 11 - National Pet Day**

Give your furry or feathered family member a little extra love today!

### **April 17 - Easter**

"The great gift of Easter is hope." ~ Basil Hume

### **April 22 - Earth Day**

Learn a skill that helps reduce your impact on the planet, like bike repair, building a compost bin, making a rain barrel, or patching or altering clothing.

### **April 27 - Administrative Professionals Day**

Take your administrative crew out to lunch and let them know all their hard work doesn't go unnoticed.

### **April 29 - Arbor Day**

Go electronic or digital! Deforestation has many devastating implications, so going paperless is the most immediate way to make an impact. Then, plant some trees!

# FOOD & DRINK

**What's in season?** Peas, carrots, rhubarb, asparagus, artichokes, radishes, leeks, fennel, grapefruit, mango, oranges, tangerines, and mandarins.

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**Deep Dish Pizza Day is April 5th.** Celebrate with a [healthy take](#) on the king of pizzas! You can also skip the mushrooms and pepperoni in favor of zucchini, red peppers, and onion.

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Switch out your Friday night fish fry for one of these [Homemade Seafood Pasta](#) dishes.

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Eat your greens! We can't decide which of these [food photos](#) and recipes looks the most crave-able!

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Post for 4/7 - **It's National Beer Day and National Burrito Day** - Enjoy a Cerveza and a burrito today, then get to the Y in the morning for *(insert class name of your choice here)*

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**In Season Spotlight: Leeks.** Don't waste those dark green tops! Rinse well to remove sand and use for soup stock.

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**April 12 is National Grilled Cheese Day.** We're well aware this sandwich isn't the epitome of health. Just pair with some roasted veggies or a low-calorie soup for some balance.

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What are your favorite Easter meal recipes? Share them with us!

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We love **breakfast for dinner**, but with oatmeal? We found this [savory take with all the morning fixings](#). It'll be so filling you can take the leftovers for lunch the next day!

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**This dip has springtime written all over it.** Mix plain Greek Yogurt + dill + feta. Serve with an assortment of spring veggies like carrots, radishes, and snap peas.



# LIFESTYLE

If you suffer from back problems, there may be some likely culprits you've been overlooking. [Give your back a rest with exercise](#), better shoes, or anti-inflammatories.

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**Interested in fighting back against unwanted phone calls** from spammers, scammers, and telemarketers? Then you should [read this](#).

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Wallets are getting hit hard, especially at the supermarket. But, **it is possible to save money on groceries and eat healthily**. Check out these excellent [tips and tricks!](#)

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Just say "No!" to dead butt syndrome and **loosen up those hip flexors** after a long day of sitting with these moves from [Self](#).

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If 5-letter words are not your thing and you love geography, [Worldle](#) might be just up your alley!

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Be prepared for all sorts of pet emergencies and **download the [Pet First Aid App](#)** from the American Red Cross. #weather #emergency #disaster #beprepared

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Going green? If you're looking for an easy way to cut down on waste in your kitchen, **switch to reusable, durable, and washable paper towels**. You can even find compostable ones!

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**Try repurposing your food**. The average American household tosses almost a third of the food purchased a year!

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It might be time to clean out your cleaning supplies because **disinfectants can expire**. [Here's how to tell](#) if yours have lost their effectiveness.



# COMMUNITY

[World Central Kitchen](#) is providing thousands of meals to Ukrainian refugees. **Consider donating to show your support.** #ChefsForUkraine

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**Search for a list of Earth Day activities in your area.** Get in on cleaning up a park, do a walk for a "green" charity, attend a festival, or volunteer at an environmental organization.

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#earthday - Look for responsible ways to sell, donate, recycle, or **properly dispose of your unwanted stuff** instead of sending them directly to the landfill.

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Get on board this kid-friendly kindness train! **Make and deliver a delicious pasta meal to a local family in need.** Visit the website [lasagnalove.org](https://lasagnalove.org) to learn more.

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**April 4 is World Health Day.** Celebrate your health by running a 5K, setting new goals, scheduling an overdue doctor's appointment, or donating nutritious foods to your local food pantry.

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**Join the St. Jude's April Facebook Challenge** - run or walk 100 miles in one month! Create a team or go solo.

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Organize a blood drive for #NationalDonateLifeMonth



# HEALTH

Are you hosting Easter Brunch? You might find a new [favorite recipe](#) in this mix.

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Having strong legs is essential to achieving your fitness goals and making everyday life easier. Give these [leg exercises a go](#) and build up your strength.

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**Snack on this** - It's easy, healthy, crunchy, and a little spicy. Peel jicama, cut into sticks, toss with lime juice, cilantro, salt, and chili powder. Enjoy!

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**Did you know planks are great for your entire body?** We may feel it in our core the most, but they work everything from the arms and chest to the legs.

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Are you craving your favorite dip but not all of the calories? **Swap out the sour cream** for an equal part of plain Greek yogurt. It has a similar texture and tangy flavor, but yogurt contains more protein.

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If the color green doesn't say spring, we don't know what does! Here are some [colorful and healthy recipes](#) to try with all that tasty spring produce.

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**Pro Tip:** Finding the time to get a workout in is often a struggle. It might be tempting to skip the warm-up, but you're more likely to injure yourself if you do. So take the extra minutes and do a proper introduction.

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Cottage cheese has made a comeback. Enjoy it topped with **dill, which is full of antioxidants and good for digestion**, or with everything bagel seasoning and a few bagel chips for a delightful afternoon snack.

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[Find an exercise option](#) that meets your lifestyle and **start relieving stress today!**



# PARENTING

**Color-code your children's books.** Kids love order, and they'll remember the color of their favorite book and return it to its proper place on the shelf.

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Kid-approved birthday cakes? Yes, please! And, they are pretty to boot! You'll be set all year long with one of these [delicious recipes](#) from Martha.

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There are so many super cute and easy [Easter crafting ideas here](#), we can't even stand it!

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Looking for World Health Day activities for your kids? [Look no further!](#) Have fun while your kids learn the importance of physical and mental health.

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This article might be [from Teen Vogue](#), but every parent needs to know how to **keep their teens or tweens safe on social media**. Good practices for adults too!

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**April showers bring May flowers**, making it a great time to [explore the atmosphere](#) in this super fun science experiment!

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"Egg hunts are proof that your children can find things when they really want." ~ Unknown

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Do you want your children to grow up and be happy adults? Then have them [spend more time outside](#). Research confirms it! *(so do I!)*

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**Rainy days call for coloring!** Check out these countless and [FREE printables](#).

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Go car-free! **Teach your children why we celebrate Earth Day** and walk or bike to school. It's good for the body and the environment.



# MEMBERSHIP

**Did you break up with exercise?** Ease into a new workout routine at the Y!

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Join the Y today and be all that you want to be!

“The clock is ticking. **Are you becoming the person you want to be?**” ~ Greg Plitt

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Spring clean your body, mind, and soul. Come to the Y today!

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**This spring, take on a challenge** and add a new fitness class to your routine. *(Add the URL to your fitness class schedule.)*

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Shake things up this April and challenge yourself on a new workout machine. We have plenty of options here at the Y.

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Don't wait to schedule or register for your Kids' Day Camps, Swim Lessons, or Summer Child Care. **The time to do it is now!**

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We have new camp options for **Summer 2022!** *(add URL to Summer Camp page)*

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Supernutrients are one of the latest trends. Have your dietician answer the following - “I need an energy boost. Will taking vitamin B12 help?” or “What’s all the buzz about turmeric? Can it replace anti-inflammatories like aspirin?”

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Ask the expert video: What should I eat before and after exercise?



# TRIVIA

Around Easter, how many Peeps Marshmallow Chicks are eaten?

**Answer:** 1.5 billion

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When and between whom was the first World Series played?

**Answer:** 1903, Pittsburg and Boston

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What spice helps with nausea and motion sickness?

**Answer:** Ginger

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What bird is often associated with Spring in North America?

**Answer:** Robin

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This exercise tool uses your body weight to loosen tight muscles and improve blood flow.

**Answer:** A foam roller

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Who is the Roman goddess of spring?

**Answer:** Flora

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What does the Easter egg symbolize?

**Answer:** New life.

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Which exercise boosts metabolism 24 hours a day, seven days a week?

**Answer:** Strength training

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**For Arbor Day. Offer a tree sapling to the first 10 to answer correctly!**

What is the name of the violent tree at Hogwarts School of Witchcraft and Wizardry in the “Harry Potter” series?

**Answer:** The Whomping Willow



# INSPIRATION

**“Strive for progress, not perfection.”** ~ Unknown

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Spring is when you feel like whistling, even with a shoe full of slush.  
~ Doug Larson

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Don't let the scale define you. Remember the 3 Bs - **Be active, be healthy, be happy.**

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"Easter is the only time of year when it is safe to put all your eggs in one basket." ~ Unknown

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**Start your journey at the Y today!**

"A year from now you may wish you had started today." ~ Karen Lamb

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"The groundwork for all happiness is good health."  
~ Leigh Hunt

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"Create healthy habits, not restrictions." ~ Unknown

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"Look in the mirror. That's your competition."  
~ John Assaraf

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**"Our bodies are our gardens** – our wills are our gardeners."  
~ William Shakespeare

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"In the spring, I have counted 136 different kinds of weather inside of 24 hours."  
~ Mark Twain