

February is **Black History Month & American Heart Month**

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

February 2 - Groundhog Day

We're halfway to Spring regardless of what Puxatawney Phil says!

February 4 - National Wear Red Day & World Cancer Day

Show your solidarity for the fight against heart disease and stroke by wearing red today.

February 11 - International Day of Women and Girls in Science History

Let's do our part to smash stereotypes, defy gender bias, and defeat discrimination that holds women and girls back in Science, Tech, Engineering, and Math. Visit stemlikeagirl.org.

February 13 - Galentine's Day & Internet Friends Day

Virtual friends are just as important as real-life ones. Video chat with all your gal pals today!

February 14 - Valentine's Day

Valentine's Day is not just for your significant other. Let your parents, grandparents, and friends, new and old [know how much you care!](#)

February 20 - National Love Your Pet Day

Spoil and treat your pet to something extra special today! Wait, don't we already do this every day of the year?!

February 21 - President's Day

"Worry is the interest paid by those who borrow trouble."

~ George Washington

FOOD & DRINK

What's in season? Brussels sprouts, cabbage, winter greens, beets, leeks, winter squash, potatoes, sweet potatoes, parsnips, carrots, turnips, sunchokes, grapefruit, kiwi, and citrus.

February 9 is National Pizza Day. It's not known for being healthy, but you can give it a shot. [Here are some ways.](#)

Who doesn't love a cheddar cheese cracker? It just so happens that National Cheddar Day falls on Super Bowl Sunday! Try this [homemade version](#) with only six ingredients.

Fix a healthy and easy snack for the Big Game. Fill halved baby bell peppers with black bean dip and a sprinkle of cotija cheese.

If you want to stay full and have long-lasting energy, steel-cut oats are the way to go. That's because they're full of iron, magnesium, and B vitamins. [Try them with Maple, Pear & Pecans.](#)

Boost your immunity and add calcium and vitamins C & D to your breakfast. Combine a 1/4 tsp of orange zest, two de-seeded oranges, 1 cup ice, 1/2 cup milk, 1 tsp vanilla, and puree.

Cauliflower is low in calories full of fiber and folate. So go plant-based for the day and make these [Cauliflower Chicken Wings](#). **They're also a perfect Super Bowl snack!**

Warm up this winter with a bowl of soup! If you can't find a recipe you'll love in this [collection from Epicurious](#), you'll find it nowhere.

Meal planning made easy! Season and broil several chicken breasts all at the same time. Then slice them for use throughout the week in salads, sandwiches, or chicken quesadillas.



LIFESTYLE

Save yourself some bucks and pack yourself one of these easy-to-make [lunches](#)! Best of all, there's **no microwave required**.

Trending: Wordle. Take a break from your day and try the new viral word game that'll drive you mad while having fun! If you love crosswords, this one's for you. [#mentalfloss](#)

Hectic lifestyles call for easy-to-make dinners. You'll have **dinner ready in no time** with one of these [healthy chicken recipes](#) that only take 30 minutes.

We've all been there. Our furry friend eats something questionable, and panic ensues. Download the free [Animal Poison App](#) by ASPCA to **search hundreds of substances hazardous to pets**. [#loveyourpetday](#)

There have been cold blasts in nearly every state so far this winter. Learn how to keep your family safe from [carbon monoxide poisoning now](#) and all year long.

February is National Bird Feeding Month. Attract new species by adding another feeder to your yard, then learn about them at [All About Birds](#).

The things we ponder throughout the day. [Here's a fun one about cats](#).

Children laugh about 100 times a day, while adults laugh only 20. Let's all try to [laugh a little more this year!](#) [#jokeoftheday](#)

If you make it a point to get into a cleaning routine, you may find yourself in a better headspace. You can even come up with a duty roster so that everyone in the household can pitch in. [#mentalhealth](#) [#shiftyourmindset](#) [#mindmatters](#)



COMMUNITY

In honor of National Love Your Pet Day (February 20), donate to a local, reputable charity or organization that helps animals, like the Humane Society and PetSmart Charities.

We love this app - Buy Nothing - because the stuff you don't need might be just the thing that someone else does. **Learn more at:** <https://buynothingproject.org>.

The average person opens dozens of tabs a day. **"Tab for a Cause" helps you raise money for charity** by opening new ones! Learn more or add to your browser: <https://tab.gladly.io/good/>

Give back to help fight hunger with the [ShareTheMeal](#) app from the United Nations World Food Program. By opening the app and clicking contribute, you can feed a hungry child for 50¢ a day.



HEALTH

New to strength training? [These tips for beginners](#) will make your workout more effective.

What's the buzz about honey? Honey reduces oxidative stress in the body, helps maintain clear arteries, supports healthy gut bacteria, and provides essential minerals like phosphorus, calcium, potassium, and magnesium.

Oranges aren't your only option for a vitamin C boost. 1 cup of strawberries contains 89mg, 1 cup of cooked brussels sprouts 118 mg, a raw red bell pepper 152mg, and 1 cup of kiwi 170mg.

This year, resolve to eat more carrots. They promote eye and skin health, are heart-healthy, are great for your gut, and are glucose-friendly! [#snackonthis](#) [#healthy](#) [#fit](#)

If you're having trouble sleeping or eating, are irritable or distracted, you may need to take a mental health day with no explanations required. Just **choose something relaxing to do** and take care of your emotional well-being.

Be prepared for workout relapses, accept them and move on! BHG shares [how to stay motivated to exercise](#) with these expert tips.

Did you know? **People with a higher BMI often have high levels of inflammation.** COVID-19 creates even more inflammation and can cause your immune system to overreact, damaging the body, including the lungs. Get on the right track, and start your fitness journey today. [#YMCA](#)

Start using the **hashtag #fitspo on your social posts.** Short for "fitspiration" - a mashup of fitness and inspiration - the hashtag can be a great search term for members on all social networks for finding new workout ideas.



PARENTING

Freebie Alert! Enjoy these free Valentine's [coloring pages from Crayola](#).

According to the U.S. Census, in 2021, women made up only 27% of those employed in science and engineering occupations. Visit [#stemlikeagirl.org](#) to explore STEM ideas for your daughter.

Learn the steps you can take to **protect your family against flu this winter**. In addition to getting everyone in your family a flu vaccine, wash hands often and stay home when sick. More: [bit.ly/32OT3M9](#).

Instead of candy this Valentine's Day, have your kids make these super cute [Pencil Valentine's](#). **There's also a FREE printable**, which makes this an easy project!

Turn your kids onto vegetables with this [Focaccia Bread](#). **Bonus - they can help you make it!**

Write a riddle on the front of a piece of paper, the answer on the back, then put it in your kid's lunchbox for a pleasant surprise! Do you have a creative lunchbox idea you'd like to share?

Design a space where kids can have fun and be creative. These [tips for decorating a playroom](#) from Better Homes and Gardens are just the ticket.

Reinstitute game night with the latest [kid-friendly games](#) that'll bring everyone to the table for some family fun!

These cute [pipe cleaner heart rings](#) are easy-to-make and perfect for Valentine's day!

Send the kids home from your next party with one of these **DIY Birthday Party Favors** that your guests will love.

MEMBERSHIP

Post for February 20th — **It's National Love Your Pet Day.** Post a picture of you and your pet. We love seeing the fur babies! #nationalpetday #YMCA

Member encouragement! If you notice a particular individual, couple, or family committing to their fitness goals, give them a shout-out on social media to recognize their hard work. With their permission, of course!

Snowed in and can't get to the Y? Download the Nike Training Club fitness app. It's free!

What has kept you going to achieve your New Year's fitness goals? **We hope we're one of the reasons Y.**

Afraid to use some of the Ys equipment? Don't be! A happy YMCA staff member will gladly show you how to use them. Just ask.

Did school cancel due to weather? We've got you covered. **Bring your little ones to the Y** for our childcare program. Ask the front desk for information.

Line the walls of your YMCA with hearts for **American Heart Month.** Have your members sign the name of someone that has been affected by heart disease, then hang them up for display.



TRIVIA

In skiing, what is another name for cross-country racing?

Answer: Nordic

Which of these is vegan? A. A1 Steak Sauce B. Honey C. Gummy Bears D. Worcestershire Sauce

Answer: A. A1 Steak Sauce

How old would George Washington be this year?

Answer: 290 years old! He was born on February 22, 1732

Before “X” stood for a kiss, what did it represent at the end of a letter?

Answer: The cross

The release of which popular animated movie happened on February 4, 1938?

Answer: Snow White and the Seven Dwarfs

Which team won the Super Bowl in 2021?

Answer: Tampa Bay Buccaneers

How many marriage proposals, on average, are there on every Valentine’s Day? A. 6,000 B. 220,000 C. 402,000 D. 600,000

Answer: 220,000



INSPIRATION

“Do the best you can until you know better. Then when you know better, do better.”
~ Maya Angelou

“**Write it on your heart that every day is the best day in the year.**”
~ Ralph Waldo Emerson

“Never be limited by other people’s limited imaginations.”
~ Dr. Mae Jemison, first African-American female astronaut

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”
~ Robert Louis Stevenson

If you’re tired of starting over, stop giving up.

“Aside from velcro, time is the most mysterious substance in the universe.”
~ Dave Barry

“I can accept failure. Everyone fails at something. But I can’t accept not trying.”
~ Michael Jordan

When you feel like quitting, think about why you started.
#newyearinspo #yougotthis #dontgiveup

“You are your best thing.”
~ Toni Morrison



VIDEO

Have a trainer respond to the following question. I've heard jumping rope is an excellent way to lose weight. How do I get started, and what are the benefits?

Bust the myth! Have your Y Nutritionist debunk the myth "you can't get enough complete protein just from plants."

Video post example: I'm new to Vinyasa Yoga. **What do I need to know before my first class?**

Ask a fitness pro! What's the key to sticking with a fitness plan?

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