

January is **National Mentoring Month, National Blood Donor Month, National Glaucoma Awareness Month, and Birth Defects Prevention Month**

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

January 1 - New Year's Day

Make new resolutions and goals for 2022, and leave your 2021 baggage behind!

January 4 - National Trivia Day

Let your members' competitive nature shine! **Post trivia questions throughout your Y.** The person that answers the most questions correctly wins a prize.

January 9 - Law Enforcement Appreciation Day

If you see a law enforcement officer, thank them for their service.

January 17 - Martin Luther King Jr. Day

Visit thekingcenter.org to find out about local events and ways you can **help promote unity, justice and fight racism.**

January 21 - National Hug Day

A hug is a great way to reduce stress and lower your blood pressure. So give a great big hug to a friend or family member today!

January 24 - National Compliment Day

Give a compliment and brighten someone's day. Leave a rave review, **tell a friend how awesome they are**, or commend someone on a job well done. #shredhate #bekind #stopbullying

January 26 - National Spouses Day

Do **something extra special** for your spouse today.

FOOD & DRINK

What's in season? Lemons, oranges, grapefruit, beets, turnips, celery root, onions, leeks, potatoes, carrots, turnips, parsnips, and radishes.

What dishes cure your wintertime blues? Share them with us!

Are you cutting out carbs for the new year? These [cauliflower rice recipes](#) are just the ticket for eating gluten-free.

January 4 Post: These [satisfying recipes](#) are just your ticket to get saucy and celebrate National Spaghetti Day with a bowl of everyone's favorite pasta.

January 19 is National Popcorn Day. Snuggle up on the couch, watch your favorite movie and enjoy some [homemade popcorn](#). #movienight #nationalpopcornday #popcornlover #snack

Explore [recipes](#) that involve peanut butter for National Peanut Butter Day on January 24. There are tons of recipes to try for every meal of the day.

Do your New Year's resolutions have you eating healthier? Bring on the chicken and try one of these [crave-able recipes](#).

This year, resolve to eat better and fresher! **What are your favorite fruits and vegetable snacks?**

Not all salads have to be green. Serve up this vibrant [Winter Citrus Salad with Honey Dressing](#).

January is the perfect time to let the crockpot do all the work. Warm up with one of these [slow-cooker recipes](#).



LIFESTYLE

Protect yourself from Social-security related scams and know that the Social Security Administration will never threaten, scare or pressure you to take immediate action! For information, visit <https://oig.ssa.gov/scam/>.

Dress in layers if you're heading outdoors. This way, you can adjust what you're wearing as your body warms up.

Don't wait! Get [prepared for winter weather](#) before the big storm arrives.

Boost your sleep this winter - **keep your bedroom between 65°F and 70°F** to stimulate parts of the brain that help support sleep.

Healthy swap: Bring out your veggie's natural sweetness by roasting them at 450° to caramelize instead of relying on sauces and dressings to jazz up steamed or sauteed ones.

The happy hormone dopamine is activated when you surround yourself with positive people. Brighten your mood by socializing with optimists.

Are you cutting back on sugar this year? Watch out for hidden sugars in these products: tonic water, BBQ sauce, baked beans, soymilk, beef jerky, bread, oatmilk, salad dressings, ketchup, and pasta sauces.

Did you know that antibacterial soap, body wash, and cleaning products can contribute to antibiotic resistance? Skip them all and opt for regular soap and water as well as alcohol disinfectants. **They are just as effective.**

Shoveling snow is responsible for thousands of injuries and 100 deaths each year. Read up on how you can [keep yourself safe](#) after the big snowstorm hits.



COMMUNITY

In honor of Martin Luther King Jr Day, become a mentor to an underprivileged person in your community through [Big Brothers Big Sisters](#) or a similar organization.

Help save a life and [donate blood](#). **January is National Blood Donor Month.**

Lend a helping hand to your neighbors in need. When the snow piles up, break out the shovel and help clean off driveways and sidewalks.

Donating to your local Y provides emergency services to communities in need, including food for kids without access to school meals. Here's how you can help. (*insert URL to your YMCA page with donation information*)

Keep moms healthy and give babies the best possible start. Consider [donating to the March of Dimes](#) during **National Birth Defects Awareness Month**.

Stock your car with [blessing bags](#) to pass out to those who may need them.

Show kindness. If you're heading out to pick up groceries, contact your neighbors to find out if there's anything you can pick up for them so they won't have to venture out in the cold weather.



HEALTH

Cold weather can tighten your muscles. Exercising too quickly or too vigorously without stretching can lead you to pull a muscle. Be sure to stretch or march in place first.

Start the new year off on the right foot with these [22 ways to improve](#) your health and well-being.

Exercise can flush bacteria from your lungs and help your immune system fight infections.
Boost your immunity with 30-45 minutes of moderately intense activity per day.

Make every bite count by understanding the importance of healthy eating through all stages of life. Visit [MyPlate.gov](https://www.MyPlate.gov) and start your journey today.

Peanut butter contains healthy fats which help improve insulin sensitivity. It's also a good source of protein and is low in carbohydrates, making it a great source of nutrition.
#nationalpeanutbutterday

Try to get in two things within an hour of waking up - a walk and a healthy breakfast. You'll be more inclined to do these before the meetings, deadlines, and daily routines kick in.

Think positively during the long winter months and try your hand at growing herbs in your kitchen windowsill. **Green things are essential for maintaining your mood.**

Top 10 immunity-boosting foods: oranges, kiwi, papaya, red bell peppers, broccoli, garlic, ginger, spinach, almonds, and turmeric.

Make better beverage choices in the New Year. Perk up plain or seltzer water with lemon, lime, or orange slices, or try some fresh mint leaves or a few fresh or frozen berries.

What is a bad habit you want to stop doing this year?



PARENTING

Create a gallery of your children's artwork to display for many years to come. [Here's how.](#)

Don't let the cold discourage you from being active. **Enjoy a dance party with your kids!** Turn up the music and show off your dance moves.

Do your kids think that money grows on trees? These [board games](#) can help teach your kids about money, all while having some fun.

Teach your children how to [read nutrition labels](#) so that they can learn to make healthy choices when you're not around.

We like: These [free printable coloring pages](#) of winter animals. It's fun for all ages.

Upcycle your egg cartons and have your kids make these [totally adorable penguins!](#)

Let everyone help in the kitchen. Younger kids can mix ingredients, clean produce, or set the table, while older ones can help with the cooking. Kids learn by doing!

[Winter boredom busters are here!](#) With over 100 unique ideas, your kids will have super fun exploring the outdoors.

Keep your family organized with these [free printable weekly planner pages!](#)

Was Santa a little extra to your kids this Christmas? Now is an excellent time for your kids to purge and **donate unwanted books, toys, and games.**

MEMBERSHIP

Don't let January be a month of Netflix and freeze. Warm-up at the Y! We have state-of-the-art equipment, loads of fun fitness classes, and so much more.

Does January feel like a month of Mondays to you? Don't fret. The Y might be just your escape.

Today is a good day to try something new. Check out everything the Y has to offer you. *(link to your Ys URL with classes)*

New Year, new you! Try a new workout or routine this month at the YMCA!

Not a member of the YMCA? Y not? We have lots to offer you and your family! Stop by and ask for a tour of our facility. **We'd be happy to show you around.**

Join the YMCA family this year and make 2022 your best year yet!

Friendly Reminder: Be sure to post what childcare services are available to your members and any restrictions that may apply. Also, share your hours.

Can't make it into the Y? Get your fitness ball rolling with a 30-day workout challenge. This [Pinterest board](#) has options for everyone.

Just getting started at the Y? You don't have to do an hour of exercise for it to count. Ten minutes of activity a day can be beneficial. Just be realistic about the amount of time you can put aside for a workout, and remember it doesn't have to be all or nothing.



TRIVIA

Aerobic exercise increases what?

Answer: Heart rate. Aerobic exercises generate energy from oxygen-based respiration. You'll generally want to bring your heart up to 85% of your maximum rate.

What flower is commonly associated with January?

Answer: The snowdrop

What is the only NFL team to have a plant for their logo?

Answer: The New Orleans Saints. The fleur-de-lis is a stylized lily historically associated with the French monarchy.

January has 31 days. How many other months have 31 days?

Answer: Six - March, May, July, August, October, and December have 31 days.

What is Tai Chi?

Answer: An ancient Chinese martial art.

Which state became part of the United States in January 1959?

Answer: Alaska. It became the 49th state on January 3, 1959.

What is the hashtag symbol (#) technically called?

Answer: An octothorpe.

Babies are born without which bone?

Answer: The knee cap

How many times does the heartbeat per day?

Answer: About 100,000



INSPIRATION

“Cheers to a new year and another chance for us to get it right.”

~ Thomas Jefferson

“If I cannot do great things, I can do small things in a great way.”

~ Martin Luther King, Jr.

January is the month for dreaming. **What are you dreaming of doing in 2022?**

Are any of you feeling like this?

“If I had my way, I would remove January from the calendar altogether and have an extra July instead.” ~ Roald Dahl

“New year - a new chapter, new verse, or just the same old story? Ultimately, we write it.

The choice is ours.”

~ Alex Morritt

“Believe you can, and you’re halfway there.”

~Theodore Roosevelt

“A journey of a thousand miles begins with a single step.”

~Lao Tzu

“Don’t worry about failures; worry about the chances you miss when you don’t even try.”

~Jack Canfield

“The beginning is the most important part of the work.” ~ Plato

Start your journey at the Y.



VIDEO

Have your dietitian or nutritionist answer the following question. **“As food prices rise, how can I eat healthy on a budget?”**

#GymTour - Has your Y recently acquired new fitness equipment? Have you been doing some remodeling? Highlight your 2021 achievements and share any new offerings for 2022.

Have a trainer answer the following question “How long should my warm-up be before my workout?” with a demonstrative video.

Have you hired new employees? **Host a Q&A session** with them so that your members know who’s who before their visit.

Offer up some **tutorial videos** on how to use any complicated fitness equipment. Your members will thank you, and you may even attract a few new ones in the process.

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