

March is **Women's History Month & National Nutrition Month**

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

March 1 - Mardi Gras, Shrove Tuesday & Paczki Day

If you must eat pancakes, sweets, and Paczki's, you must get to the Y tomorrow!

March 3 - World Wildlife Day

Recommended watch: David Attenborough's "A Life on Our Planet." #worldwildlifeday

March 4 - Employee Appreciation Day

Offer your Y employees rewards or incentives for good work. A healthy and positive work environment is a win-win for employers and employees alike!

March 13 - Daylight Savings Begins

A reminder to replace those batteries in the smoke alarm and carbon dioxide monitors.

March 14 - National Napping Day & Pi Day

How many digits of Pi do you remember? And, Go! You'll need a nap after all that thinking :)

March 20 - Start of Spring

Start planning your summer garden and visit your local nursery for seed packets. **Pro Tip:** Add some packs to your kids' Easter baskets and get their green thumbs growing!

March 26 - Earth Hour

Switch off your lights from 8:30 - 9:30 EST tonight and show your support of the Earth!

March 30 - National Doctor's Day

If you haven't been to the doctor in a while, make an appointment. Then thank your doctor.

FOOD & DRINK

What's in season? Artichokes, broccoli, Brussels sprouts, cauliflower, leeks, lettuce, mushrooms, parsnips, pineapples, citrus, radishes, rutabagas, and turnips.

Good, old-fashioned broccoli salad is full of unhealthy ingredients. Not anymore! This [super clean version](#) will be your new favorite.

National Cereal Day is March 7. Cereal is not just for breakfast. We found this [cornflake and nut recipe](#) that we can't wait to try! #nationalcerealday #healthysnacking

Add some fiber to your diet with a **smoky black bean dip**. Blend 2 cans of black beans + $\frac{1}{3}$ cup cilantro + $\frac{1}{4}$ cup orange juice + 3 cloves of garlic + 1 tablespoon minced chipotle in adobo.

Eastern European cuisine is trending this year. This one-skillet [Chicken Paprikash with Mushrooms](#) is a lightened up and healthier alternative to try.

Make part of your dinner farm-to-table in honor of National AG Day on March 22 because good food brings everyone to the table!

Trending: Literally, cut out the carbs with these hole-in-one [breakfast bagel boats](#). Plus, they're kid-approved! Or, fill them with yellow pepper, feta, parsley, and harissa for a cultural twist.

Fresh berries won't be in season for months. But did you know they're frozen within hours of being harvested and are just as nutritious? Eat up!

The search is over. Here is a [complete menu for your Mardis Gras feast!](#)



LIFESTYLE

It's time to enjoy the outdoors - have a picnic in the park, go on a hike with a friend, or just open the windows and listen to the rain.

Over half of all home fires involve lighting equipment or electric wiring. **Play it safe** and plug only one heat-producing appliance directly into a wall outlet at a time.

Protect yourself from phishing and **learn the [ways to spot an email scam](#)**.

Infuse goodness into your daily life by giving the gift of listening. Don't look at your phone, make eye contact, and hear what that person is saying.

Are you hitting the road for Spring Break? Avoid fast food and convenience stores by packing some of these [healthy snacks](#) instead.

Give yourself an energy boost by listening to music. **Your favorite jam** increases the levels of happy chemicals. Plus, belting out lyrics makes you breathe deeper and take in more air.

Try to go greener this spring. Swap plastic baggies for snack containers or washable bags, plastic wrap with beeswax wraps, or switch to cloth napkins instead of paper.

During **National Women's Month**, do some good for others and gather your gal pals to create care kits for girls and women through [The Healing Hands Project](#).

Get healthy and get a dog. **Petting a dog can lower your heart rate and blood pressure.** They'll also make you more active and more social. #pets #adopt #nationalpuppyday #puppyday



COMMUNITY

Celebrate National AG Day on March 22 by touring a local farm or dairy in your area. Visit with friends or family, and learn how they produce, sell and market their food.

Did you know elephants, pangolins, rhinoceros, sharks, and tigers are among the most critically poached and trafficked species on the planet? **Consider adopting** one of these fantastic creatures through the [World Wildlife Fund](#).

World Water Day is March 22. **What can you do to conserve water?** Take showers instead of baths, turn off the tap when brushing your teeth, and only wash full loads of laundry.

Post for March 23 - Prepare yourselves for an overdose of cuteness. **It's National Puppy Day!** Share your puppy photos with us. #nationalpuppyday #puppyday

While doing your Spring Cleaning, collect all of your unwanted dishes, kitchen gadgets, and small appliances, then **donate them to a shelter** or other local organizations in need.

Exercise and make a difference! Go for a walk on the beach and pick up trash and other debris.



HEALTH

Play with your kids. **The best exercise happens when you are having fun.**

Research shows that people who eat peanuts or peanut butter with breakfast are less hungry throughout the day. So go nuts, but stick to a 1.5 oz serving size.

Meal planning is essential when you are trying to eat healthily. Creating a “go-to” list of [nutritious and easy recipes](#) can also help save you money.

Boost your stability and swap your office chair with an exercise ball. Its instability will force you to use muscles you don't usually use.

On the radar - Starting in July, when people call, text, or chat 988, they will be connected to trained counselors who are part of the existing [National Suicide Prevention Lifeline network](#).

What's your favorite sign of spring? #mentalhealth #wellness

Activate your vagus nerve and **trigger the release of relaxing chemicals**. Repeat this move at least twice a day or when you feel overwhelmed:

1. Inhale through your nose for a count of four
 2. Hold your breath for a count of seven
 3. Exhale through your mouth for a count of eight
-

Trending: Forest bathing. More than just a walk in the woods, [forest bathing](#) is meant to reconnect people with the restorative powers of nature using all of your senses.

Spring clean your workout routine - if you've always wanted to try that yoga, spin, or Zumba class, now might be the perfect time.



PARENTING

Find your kids and yourself [a book to read](#) on **March 2 for “Read Across America Day.”**

Keep children safe in the kitchen. Have a kid-free zone of at least 3 feet around the stove and anywhere hot food or beverages may be. [#burnprevention](#)

Fairy gardens, rainbows, shamrocks, and leprechauns are just some of the [fun and easy St. Patrick’s Day crafts](#) you’ll find here.

You don’t have to be Irish to say a sweet blessing for your children on St. Patrick’s Day – **“May the leprechauns dance over your bed and bring you sweet dreams.”**

Kids will listen to the same song repeatedly because the familiarity is comforting. Here are [60 of the best kid’s songs](#) to break out of the monotony. [#danceparty](#)

Treat your family to a [homemade Shamrock Shake](#) with ingredients you can pronounce.

Keep the kids entertained while you do some spring cleaning with these free [printable coloring pages](#). [#springisintheair](#)

Learning through play is super important to your child’s development. That’s why it’s a great idea to round out their toy collection with [some educational ones](#).

Add some art to your garden! Have your kids paint and decorate clay plant pots with non-toxic paints, glitter, and jewels. Your garden will never have looked better.

MEMBERSHIP

Have your travel plans been canceled for Spring Break? **Come to the inviting pool at the Y instead!**
#fitness #YMCA #pool #swimming #beach #travel

Curious about Pilates? The strength and balance gained with Pilates make everyday chores easier and safer!. Check out our latest class schedule. *(Provide a link to URL with your Ys Pilate Class schedule)*

Don't let the rainy days of Spring ruin your fitness goals. **Bring your workouts to the YMCA!** *(link to page with YMCA offerings)*

As spring begins, put self-care on your to-do list. Get your body moving, eat healthy foods, and prioritize sleep. Start, or continue your journey at the Y.

"In the spring, at the end of the day, you should smell like dirt." ~ Margaret Atwood
"In the spring, at the end of the day, you should smell like sweat." ~YMCA

Do you always work out in the afternoon? **Switch up your routine this spring.** Get up with the early birds and start your day at the Y!

In a fitness rut? The Y has personal trainers to help give you a workout makeover. **Stop by the Y and see how we can help.**



TRIVIA

The color of an egg is determined by what on a chicken?

A. breed B. earlobe color C. feathers

Answer: The color of an egg matches the hen's earlobe that laid it.

Who coined the famous phrase "March Madness"?

Answer: Sportscaster, Brent Musburger.

Before the death of Caesar, how was the Ide of March significant to the Romans?

Answer: New Year's Celebration.

How many feet away are the bases from each other in the Major Leagues?

Answer: 90 feet. The pitcher's mound is 60 feet 6 inches from home plate.

How many miles are ten laps around a track?

Answer: 2.5 miles. One lap around a track measures 400 meters.

What is a group of bunnies called?

Answer: A fluffle. Could that name be any cuter!

Saint Patrick wasn't Irish. Where was he believed to have been born?

Answer: Scotland or Wales



INSPIRATION

“Everything you’ve always wanted is on the other side of fear.”

~ George Addair

“I have not failed. I've just found 10,000 ways that won't work.”

~ **Thomas A. Edison**

“A little flower that blooms in May. A lovely sunset at the end of a day. Someone helping a stranger along the way. That's heaven to me.”

~ Sam Cooke

The only person you need to be better than is the one you were yesterday.

“Pain is temporary. Quitting lasts forever.”

~ Lance Armstrong

“It's not the load that breaks you down, it's the way you carry it.”

~ Lou Holtz

All the flowers of all the tomorrows are in the seeds of today.

“Be yourself; everyone else is already taken.”

~ Oscar Wilde



VIDEO

Run a 6-week challenge and hype-it-up on social media with an introductory video explaining all of the details and why your members, old or new, should participate. #transformation #fitnessgoals #committostayfit

Ask the nutritionist or dietician. What is the difference between all the types of egg choices available these days, such as cage-free, certified organic, and free-range?

Create a video with “expert advice from our trainer, INSERT THEIR NAME HERE” and have them answer the following question for various age groups: **“What’s the best workout for my age?”**

Show them how it’s done with a technique video. Have one of your teachers demonstrate a particular exercise, move, piece of equipment, etc.

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