

## May is **National Bike Month**, **National Physical Fitness & Sports Month**, and **National Mental Health Awareness Month**

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

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### May 1 - World Laughter Day

Watch a funny movie or show. This [list by filmsite.org](#) has something for everyone.

### May 3 - National Teacher's Day

Look beyond the classroom! **A teacher can be anyone you look up to or who's taught you valuable life lessons** – a friend, family member, or mentor. Be sure to thank all of them today.

### May 4 - Star Wars Day

May the Fourth be with you! What is your favorite Star Wars movie?

### May 6 - National Nurses Day

Thank a nurse. **Have snacks delivered to your local hospital**, send them a note of thanks, or give them a gift card to a local coffee shop.

### May 8 - Mother's Day

**Extra hugs and love for Mom today!** She's your first friend, best friend, and forever friend.

### May 28 - National Hamburger Day

Fire up the grill for dinner tonight and [make America's favorite sandwich](#).

### May 30 - Memorial Day

A day to remember and **unfurl those flags**. Keep it at half-mast until noon, then raise it for the remainder of the day.

# FOOD & DRINK

**What's in season?** Apricots, artichokes, asparagus, cherries, lettuce, mangoes, okra, pineapple, radishes, rhubarb, spring peas, strawberries, Swiss chard, and zucchini.

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**Post for May 11** – Today is Eat What You Want Day. What are you craving?

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Save these lists of the most and least amounts of pesticide use on your fruits and veggies – [Dirty Dozen & Clean Fifteen](#).

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**National Chocolate Chip Day is May 15.** Bake up a batch of America's favorite cookies with a unique twist. Check out these [29 different types](#). #nationalchocolatechipday

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How do you cook vegetables that everyone will eat? **On the grill, of course!** We can't wait to try [all of these recipes](#) this summer.

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**Trending: Shamey Momos.** These Tibetan vegetable-filled dumplings are going to be your new favorite! #nomnom

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Whether you're new to tofu or just have an aversion to the texture, [this approach](#) will change how you prepare and enjoy your plant-based meals. #gamechanger #tofu #vegetarian

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From Mole to Margaritas, [this page](#) has everything you need for your **Cinco de Mayo Fiesta!**

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**Grilling season is here!** Try some of these [new recipes](#) on Memorial Day Weekend, and keep your cookout fresh and exciting!

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**Star Wars recipes? Yep.** You're welcome, and may the fourth be with you! #maythefourthbewithyou #starwars #foodies

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# LIFESTYLE

Planting season is here, bringing large, slow-moving farm equipment to the roads. [Here are some tips](#) to help keep everyone **safe behind the wheel**.

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**Eat better for your health.** Chronic inflammation can lead to a variety of health problems. Check out these [anti-inflammatory foods](#) to add to your diet.

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Be prepared for weather emergencies, and download the American Red Cross Tornado App. Just text "GETNADO" to 90999.

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**Move over Wordle.** There's a new kid in town! Can you guess the identity of a notable person in just six clues? Play [Name Drop](#) and find out.

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Stop the spread of disinformation or misinformation by double-checking facts before sharing on social media. If you share something that turns out to be incorrect, correct it publicly. Otherwise, don't share it.

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Do yourself a favor and familiarize yourself with dangerous outdoor vegetation. **Google "toxic backyard plants"** and see what's lurking in your backyard. It could just [save your life!](#)

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Busy mornings call for a grab-and-go breakfast. Try this high-protein, quick, and easy [Zucchini Muffin](#) recipe that'll feed the entire family.

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**Are you cutting back on beef?** There's a [beef burger alternative](#) that can be just as satisfying. Check them out!

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Did you know leaving gadgets and charger cords plugged in when not in use can account for as much as 10% of a home's energy use? Save \$\$\$ and unplug anything that's not in use.



# COMMUNITY

**Post for May 20, World Bee Day:** Did you know every third spoonful of food depends on pollination? [Plant a pollinator garden](#) this spring; it's all the buzz. #worldbeeday #savethebees #beelove #bees #pollinatorfriendly

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**National Rescue Dog Day is May 20.** Save a life by adopting a loving companion or contributing to your local animal shelter. #nationalrescuedogday #rescuedog #adoptdontshop

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**Support Ukrainians in your community.** Many cities in the U.S. are home to Ukrainian churches. To see if there's one near you, [check this list](#). If there is, reach out and see if there are any needs you can help meet.

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**Endangered Species Day is May 20.** Organize a fundraiser to donate money to a local or national conservation organization that helps endangered species. #endangeredspecies #wildlife #nature #conservation #animals

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What can you do to save endangered species? [Here's a list of 10 easy things](#). #StopExtinction

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Donate to a charity that serves veterans. #MemorialDay #donation #goodcause



# HEALTH

**Healthy Food Spotlight: Pistachios.** Research shows they can boost your gut health and are high in two antioxidants - lutein and zeaxanthin - that can help reduce your risk of chronic eye diseases.

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It's time to take a hike. **Pack these energy-boosting [trail and snack mix recipes](#)** to help you go the distance.

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**May 20 is Bike to Work Day.** How far is too far to bike? It depends on your fitness level, how much time you have, and what route you have. But the quick answer is 5-10 miles.

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Whether heading outside or to the Y, this [running warm-up](#) is just what you need to **make your workout easier.**

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Rotate vegetarian meals into your weekly menu for your health and the planet's health. Food & Wine has so many easy and amazing-looking dishes to try. [See for yourself!](#)

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Warmer temps bring out the ticks. [Read up](#) on how to **prevent tick bites** and tickborne diseases.

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**Dip deliciously!** This [tahini and everything bagel seasoning dip](#) is vegan and dairy-free.

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Eat these [brain foods](#) to improve memory and concentration. **Best of all, they're delicious!**

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**Think [these foods](#) are healthy? Think again.** Check out these ten foods that sound healthy but may not be.

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With nice weather comes cookouts and bonfires! What healthy dishes do you make for your backyard barbecues and fires?



# PARENTING

[Sharable PDF](#) - **Get active every day and feel great!** If your children are between 6 and 17, they need at least 60 minutes of physical activity a day.

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Here's [exactly what to say](#) when your kid tells you, "I'm bored!" Because summer break is right around the corner, you'll undoubtedly be hearing it.

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With spring comes some pesky critters. But **these [insect crafts](#) won't bug you at all.**

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We know that kids love mac and cheese! Here's a simple [stove-top version](#) with different mix-in ideas to please the entire family.

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It's all fun and games until the party's over and it's time to clean. Check out these [mess-free activities](#) for your child's next birthday party.

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**Remember this, Moms!** "To the world, you are a mother, but you are the world to your family."

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Want to learn some ways to raise eco-friendly kids? [Read up.](#)

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Review the action plan with your family today - Knowing two ways out of every room, and practicing home fire drills can dramatically increase the odds that you will survive a house fire. If you see smoke, don't wait! Get out.

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Mom will love these [homemade paper tulips](#) for Mother's Day because **hand-crafted gifts are the best!**

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**Cultivate green thumbs** and let your little ones [help you in the garden](#). Bonus! If you are planting veggies, picky eaters will often try new foods if they've grown them themselves!

# MEMBERSHIP

Sign up for Summer Camps! Register your child today to reserve a spot at their favorite camp! Register at (**camp URL**) or call (**Number**) for more information!

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**Ask the nutritionist:** “What are healthy grains, and which ones should I avoid?”

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Each day or week, have a Summer Camp counselor introduce themselves using Facebook or Instagram stories. Have them describe what they like most about camp and what your kids can look forward to.

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**Start your day at the Y!** Exercise is good for your mental health. It releases endorphins that improve concentration skills and helps foster new brain cell growth.  
#MentalHealthAwarenessMonth

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Are you having difficulty turning some healthy habits into a routine? **Ask a friend to join you at the Y** to help keep you accountable.

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Summer camps can be one of the best memories you’ll ever have. **Share your favorite summer camp memories with us!**

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This month is National Bike Month. Take your kids on a bike ride this weekend, or head to the Y for a spin class!

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Get ready for pool season! Our outdoor pool opens on (**insert date**)! *This is also a good [countdown timer](#) idea.*

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**Need a Mother’s day gift idea?** How about a pass to the Y? She can enjoy our fitness classes, the pool, and even a relaxing sauna!



# TRIVIA

What poisonous plant is responsible for Socrates' death?

**Answer:** Poison hemlock

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Which spring superfood has over 500 varieties?

**Answer:** The Mango

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Florence Nightingale was fluent or had good knowledge of how many languages?

**Answer:** Six. Florence Nightingale was fluent in English, French, German, and Italian, with good Latin and Ancient Greek knowledge!

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Which U.S. city loves hamburgers the most? A. Los Angeles B. Memphis C. Seattle D. Austin

**Answer:** Seattle!

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How much does a Baseball weigh?

**Answer:** 5-5.25 ounces

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What percent of Americans say Spring is their favorite season? A. 12% B. 36% C. 55%

**Answer:** 36%

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How many bees are in a typical colony?

**Answer:** 400

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How many NBA championships did Michael Jordan win with the Chicago Bulls?

**Answer:** Six

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What is the longest English word without a vowel?

**Answer:** Rhythm

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# INSPIRATION

"A day without laughter is a day wasted." ~ Charlie Chaplin

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Note to self. **When things feel overwhelming**, remember – one thought at a time, one task at a time, one day at a time.

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**Post for Mother's Day:** Mothers hold their children's hands for a short while, but their hearts forever. Happy Mother's Day!

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"And into the forest I go to lose my mind and my soul." ~ John Muir

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**Take advantage of your Amazon Prime Membership**, and listen to this curated [workout playlist](#) that will make you sweat!

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"Do or do not, there is no try." ~Yoda

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"Never let the fear of striking out keep you from playing the game." ~ Babe Ruth

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"Fitness is not about being better than someone else. **It's about being better than you used to be.**" ~ Khloe Kardashian

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**Posts for Memorial Day:** "How important it is for us to recognize and celebrate our heroes and she-roes." ~ Maya Angelou

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." ~ John F Kennedy