

September is National Suicide Prevention Month, **National Preparedness Month**, and **Childhood Cancer Awareness Month**

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

September 5 - Labor Day & National Cheese Pizza Day

Cookout or order pizza, that is the question! How about both? Make a [Margherita Pizza](#) on the grill for dinner tonight. #NationalCheesePizzaDay #LaborDay

September 7 - National Beer Lovers Day

It's also the start of Oktoberfest on the 17th and National Drink Beer Day on September 28. Enjoy a nice cold one, but stick to low-carb, low-calorie, or light options and go easy on your waistline.

September 10 - Suicide Prevention Day

Raise awareness of suicide prevention today and all month long. **The 988 lifeline is open and available 24/7.** #WeCanHelpPreventSuicide #NationalSuicidePreventionMonth

September 11 - Patriot Day

A day to honor and reflect. Lower your flag to half-mast and have a moment of silence at 8:45 this morning.

September 22 - Fall Begins

Friday Night Football, Fall Festivals, Apple Picking, Bonfires, Pumpkin-spiced everything - it's here! **How are you enjoying the first day of Fall?**

September 29 - World Heart Day

Join the [World Heart Day Challenge!](#) Walk, run or bike a heart shape in your city.

FOOD & DRINK

What's in season? Apples, melons, peaches, grapes, cucumbers, green beans, radicchio, cabbage, cauliflower, eggplant, carrots, greens, leeks, onions, beets, turnips, parsnips, okra, peppers, pumpkins, winter squash, and so much more!

Cottage cheese in the morning? Absolutely! [This surprisingly tasty breakfast bowl](#) is healthy, high in protein, vegetarian, and quick and easy.

If the back-to-school rush has you feeling frantic, it's time for quick and easy dinners. From Steak Fajitas to BLTs, [Southern Living](#) has many innovative ideas for you to keep on repeat.

Grill up a healthy dessert. Skewer chunks of pineapple, banana, and nectarines, then serve with 1 cup vanilla Greek yogurt mixed with 2 Tablespoons of orange juice and a pinch of cinnamon.

Post for 9/18 - It's a great day to be cheesy. **It's National Cheeseburger Day!** What's your favorite cheese to put on your burgers?

Game day game changer! These [Jalapeno Popper Deviled Eggs](#) are no yolk. We mean, no joke.

We love having a good pasta salad in our rotation, and [this fresh recipe includes](#) peaches and chicken. It's also less than 350 calories per serving.

September is Food Safety Education Month. **Are you having meal kits or groceries delivered?** Be sure to have them dropped off when someone is home to ensure perishable items be put in the fridge or freezer as soon as possible!

If you have a sweet tooth, this one's for you - dry strawberries in the oven at 210 degrees for 3 hours. So much better for you than candy!



LIFESTYLE

Post for 9/6 - Reading to yourself or others improves your vocabulary and cognitive skills. Have you read any good books lately? **#ReadABookDay**

What time do you eat dinner? A recent [study suggests](#) that eating at 7 pm every night may help you live longer.

Where did I put that piece of paper with my vaccine info? Here's how to store a [vaccine card on your phone](#). Some countries are still requiring proof of vaccination.

Fall and bonfires go hand and hand. Remember these **Backyard Fire Safety Tips**:

- Only burn clean, dry, seasoned wood
 - Never burn yard waste or garbage
 - Keep children and pets a safe distance away
 - Never leave the fire unattended
 - Be sure the fire is out before going to bed
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Post for 9/20 – Invite friends over for a pizza party! Order different types of pepperoni pizza, from thick crust to thin, from several locations and decide who has the best slice.
#NationalPepperoniPizzaDay

Fall allergy sufferers - **have you ever had to sneeze but can't make it happen?** Try looking into a light, massaging the roof of your mouth with your tongue, or smelling something spicy!

Post for 9/25 - What's your favorite one-hit wonder? **#NationalOneHitWonderDay**

Get some good Zzzs by establishing a bedtime routine that is calming and stress-free. It will help you unwind and keep your mind from racing.

September 29 is National Coffee Day. Research suggests that **two to three cups a day can benefit your heart**. It also boosts your metabolism and improves insulin sensitivity.



COMMUNITY

Show your support for local police and firefighters as a way to honor the emergency personnel who gave their lives on 9/11. Order food for delivery, or drop some homemade baked goods off at your local stations.

Post for 9/20 - Today is National Voter Registration Day. [Get registered!](#)

#NationalPreparednessMonth - Are you prepared for a disaster? Have these things in order before disaster strikes:

- Sign up for alerts and warnings
 - Make a plan
 - Practice emergency drills with your family
 - Plan with neighbors
 - Know evacuation routes
 - Gather or update your supplies
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September is **National Happy Cat Month**. Keep your furry friends happy and healthy all year long with these tips from the [Humane Society](#).

An estimated **11 million tons** of clothing, shoes, and other textiles wind up in landfills every year. Donate your gently used items with little effort at the [Give Back Box](#).

Go apple picking and support your local farmers!

Dig out your sweaters and winter coats from storage and donate the ones you'll no longer wear. Then do the rest of your families as well.



HEALTH

Make a healthy swap at the grocery. **Switch out the bananas in your basket for apples.** They have more fiber to aid digestion, and they're in season!

Power up! High-quality proteins help maintain muscles. 3 oz of salmon = 17 grams, ½ cup of cottage cheese = 14 grams, 2 Tbsp of peanut butter = 8 grams, and one large egg = 6 grams.

Get creative and take advantage of the wonderful weather of September while doing lunges in the grass, squat jumps in the sand, or some trail running.

What are your favorite healthy bedtime snacks?

Have some fun and **replace your Medicine Ball with a pumpkin** in your workout routines. Just make sure not to drop it!

Munch on this: Pecans. They help improve blood glucose levels and insulin resistance, risk factors for type 2 diabetes.

Be heart smart and mindful of the types of fat you eat. **Choose plant-based fats** like avocados, seeds, nuts, or fats that are liquid at room temperature.

Maximize the last days of summer with a run or walk in the park. Then stop at the park bench to work your core, legs, and butt [with these moves](#) that will **add a little excitement to your routine.**

If you want to eat healthier but aren't sure where to start, read this excellent BHG article that includes a [14-day menu with recipes!](#)

Burn some calories in the great outdoors. Go on a bike ride or walk and admire the fall foliage.



PARENTING

How do you save money on groceries each week? Leftover night? Menu planning? Replacing expensive ingredients in your recipes? Share your tips with us!

Grandparents Day is September 11. Have your kids make an "I love you because..." list to share with grandma and grandpa, plan a sleepover, or have a family dinner together.

Your teens are back to school and itching for some ways to have fun. [Throw them a bonfire party!](#) It's entertaining for adults too.

What are you packing for lunch? Perhaps [one of these ideas](#) that your kids will love. Bonus! They're also healthy.

September 13 is "**Kids Take Over the Kitchen Day.**" A great day for the entire family to get in the kitchen and help prepare dinner.

Parents - What is your favorite old-school cafeteria food? Rectangle pizza? Corn dogs? Strawberry milk? Country-fried steak? Johnny Marzetti? Sloppy Joes? Jello?

Plan an **evening of star gazing** with the family. Here is [September's Sky Map and Star Chart](#).

Children are never too young to help out with chores. Teach your 2-3-year-olds to pick up their toys, sort recycling, put dirty clothes in the laundry, and clear their plates from the table.

Capture and share this month's magic with these [free coloring pages](#) from Crayola.

Free time is a thing of the past. Keep your family fueled up with [Food Networks' best back-to-school recipes](#), that will make your life a bit easier.



MEMBERSHIP

Dive into our indoor pool this Fall. Swim laps, **participate in an aquatics class**, or just float around to relax.

Indulge or go healthy? Have your YMCA dietician provide a recipe for a not-so-healthy dish and then one that makes it more nutritious.

Welcome to the start of another great month at the Y! **What's on your workout agenda?**

Try something new this month. Like pilates, yoga, or weight lifting. It might just become your new favorite routine!

Motivating yourself to work out can be difficult when the seasons change, and the weather is unpredictable. **Grab a workout buddy** and keep each other accountable.

Video idea – Ask the dietician segment. **What's always on your grocery list?**

Get to the Y and make the pain you feel today the strength you feel tomorrow.

There's nothing like running outdoors, but fall can be a great time to embrace treadmill training. Jump on one of the Y's **state-of-the-art machines today!**

Thinking of joining the Y? Set some realistic and achievable goals for this month. It's easy to get frustrated and give up if your goals are too ambitious. And remember, working out should be fun!



TRIVIA

What team was initially named the New York Titans?

Answer: New York Jets. Sonny Werblin changed the name in 1963 to reflect the modern approach of his team and the star-studded performances he hoped they would produce.

America's favorite pizza topping is?

Answer: Cheese! Second place goes to pepperoni.

What two students founded Google in September 1998?

Answer: Larry Page and Sergey Brin

What is the significance of September 17th?

Answer: This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787

Who is the only US president that has a September birthday?

Answer: William Taft, (1909-1913) on September 15th

How many varieties of Apples are there?

Answer: There are over 8000 varieties of apples!

How much does an ounce of saffron cost?

Answer: \$55. Good thing a little goes a long way!

What country won the first World Cup? A. Brazil B. Argentina C. Uruguay D. France

Answer: C. Uruguay. On July 30, 1930, they defeated Argentina 4-2.

The term _____ is from the Latin meaning "equal night."

Answer: Equinox



INSPIRATION

“Happily we bask in this **warm September sun**, which illuminates all creatures...”

~ Henry David Thoreau

“Another fall, another turned page.” ~ Wallace Stegner

What’s the next chapter in your life?

“You can’t start the next chapter of your life if you keep re-reading the last one.” ~ Unknown

“**Wherever you go, go with all your heart.**”

~ Confucius

All progress takes place outside the comfort zone. **#fitness #motivation #healthylifestyle**

“All I have learned, I learned from books.”

~ Abraham Lincoln

Post for 9/11, Grandparents Day - “A grandparent is a little bit parent, a little bit teacher, and a **little bit best friend.**” ~ Unknown

“It isn’t where you came from. It’s where you’re going that counts.”

~ Ella Fitzgerald

Maintain your workout momentum! You may not be there yet, but you are closer than you were yesterday. **#fitnessgoals #inspiration #health**