

February is [American Heart Month](#), and [Black History Month](#)

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

February 2 - Groundhog Day

Spring is right around the corner!

February 3 - [National Wear Red Day](#)

Wear red today to raise awareness against heart disease and stroke.

February 9 - National Pizza Day

Need an excuse to eat pizza? February 9th is National Pizza Day! Celebrate by making a homemade pizza or ordering from your favorite pizza place.

February 13 - Galentine's Day

Spend time with your gal pals today. Go to brunch, enjoy happy hour, or plan a lovely night at a fancy restaurant.

February 14 - Valentine's Day

Make a playlist for your sweetie. Choose songs that spark memories of your relationship or simply tunes you know your significant other will love.

February 20 - Presidents Day

Name the four presidents that have birthdays this month.

Answer: George Washington, Abraham Lincoln, William Harrison, and Ronald Reagan.

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.

Post for 2/13 - It's National Cheddar Day! **Make breakfast for dinner tonight**, and top these [Egg-stuffed Bell Peppers](#) with Cheddar cheese! #NationalCheddarDay

Make the most of citrus season with a pretty salad. Drizzle orange and ruby red grapefruit segments with their juices and a splash of Campari.

Post for 2/18 - It's National Drink Wine Day. Is wine good for your heart? [Here's the skinny from the Mayo Clinic](#). #NationalDrinkWineDay

Move over, Chicken Noodle. [There's a new kid in town!](#)

Post for 2/22 - It's National Margarita Day! If you're a fan of cilantro, you'll love this [Cucumber Cilantro Margarita](#) that is **low in sugar and carbs**, plus a vibrant shade of green!

Take a trip to the tropics without leaving the kitchen with a Green Mango Smoothie. Blend a banana + 1 cup frozen mango chunks + 1 cup packed torn kale + 1 cup coconut water.

Unsweetened black tea contains 170 mg of flavonoids per 8-ounce serving, making it a top source for heart health. One cup of cooked broccoli only contains 3 mg, and an apple, 45!

It's worth giving this [Sauteed Cabbage](#) a go as a side in your February menu planning. **Caramelizing cabbage makes it tender** and oh, so sweet. #inseasoncooking

The food is just as important as the game! Check out this comprehensive [collection of healthy food ideas](#) for your Big Game Party!



LIFESTYLE

Give your sweetheart, friends, and family some dark chocolate for Valentine's Day, and watch them smile! **Dark chocolate increases serotonin levels** which can boost people's moods.

Set an attainable goal for yourself. Instead of "No more sugar." Try: "I will swap out my soda for a seltzer and have fresh fruit at least three times a week."

Stop food waste. Wait to wash your fresh berries until you are ready to eat them. Otherwise, you could be wasting money as they can turn moldy.

If watching the Big Game is not your thing, finish reading that book, start a new TV show, go for a walk, do a little coloring, or **try a new recipe.**

Take steps towards healthier living by making a few smart choices each day. The longer you commit to this new behavior, the better your results. You'll be surprised how easily **you can turn daily actions into lifelong habits.**

According to the World Health Organization, at least one-third of all cancer cases are preventable. Lifestyle changes such as not smoking, maintaining a healthy weight, keeping active, and eating right can prevent certain types of cancer.

Fitness Tip: Leave a pair of gym shoes in your car or at your desk. You never know when inspiration will hit!

Are you feeling sleepy? While short naps can be beneficial, **avoid naps after 3 pm.** They can make it more difficult to fall asleep at night.

Take a minute to think about the things you are thankful for. **Practicing gratitude can help lower your stress** and encourage you to have a more positive outlook on life.



COMMUNITY

Post for 2/17 - **Today is Random Acts of Kindness Day.** Be kind today and every day of the year with these brilliant ideas from [The Random Acts of Kindness Foundation](#).

Raise awareness for heart disease research - Volunteer with a local heart disease fundraising organization in your area.

Donate to cancer research organizations. The [American Cancer Society](#) accepts donations that help with patient treatment and exhaustive research in the hopes of curing cancer.

Connect with others and improve your heart health! Acts of kindness and compassion are said to lower rates of the body's stress hormone cortisol.

It's Black History Month - find a great collection of Black-owned food businesses to support this month and all year round at [Food Network](#).

Take part in the **60 miles in February Challenge** this [#HeartMonth](#) and support the fight against heart disease and stroke.

Post for 2/20 - Today is **National Love Your Pet Day.** Spread your love to pets who aren't as fortunate as yours by donating your time, supplies, or money to a local pet rescue or shelter.



HEALTH

Goals don't always have to be growth related. Plan a vacation this month or visit your favorite coffee shop. Just do something to relieve stress. #AmericanHeartMonth #OurHearts

Does an opened bottle of pure maple syrup need to be refrigerated? The answer is yes. Although the heat-packing process prevents contamination, **leaving it out increases the likelihood of mold.**

Queue the funny animal videos! Laughter is good for your heart and can increase blood flow by 20 percent. #AmericanHeartMonth #OurHearts

Are you eating more plant-based foods this new year? **Tofu is an excellent source of protein.** It contains about 12 grams per 4-ounce serving.

Manage your stress this new year. Take a break during the day for a walk outside. It's proven to boost your mood and lower tension and stress. #AmericanHeartMonth #OurHearts

Good news for tea drinkers. Tea can lower the risks of heart attack, certain cancers, type 2 Diabetes, and Parkinson's disease. Just make sure your tea isn't too sweet!

Eat your broccolini. One cup of this cross between broccoli and Chinese broccoli has **more vitamin C than a small orange!**

Relax your mind and muscles before the big meeting, interview, or presentation with a [4-minute stretch routine](#).

Make poached eggs your go-to soup or salad topper. They add protein, vitamins, and zinc to your bowl or plate.



PARENTING

Travel Tip: Bring balloons to inflate when you get to the hotel and let your kids burn off some of that been-in-the-car-all-day energy!

Did you know that **walking pets or walking your kids to school every day** can help fulfill your basic exercise needs? They can, so get moving!

Love, love, love these simple Valentine's decorations that the kids can make - this [Paper Heart Wreath](#) or this **beautiful Rainbow Heart Suncatcher!**

[Homemade Valentines](#) are the best! Especially when they are this easy and super cute.

Stay active with your children. If they play sports, practice with them at home. It's a win for you and your kids!

Need a sweet and healthy movie night snack? Pop a dark chocolate chip into the center of a raspberry. **Raspberries are high in fiber** and contain plenty of antioxidants.

Get your [FREE coloring pages](#) for Valentine's here!

If you make those veggies taste delicious, they'll be begging for more! **Get inspired** with these [23 easy ways to cook vegetables for kids](#).

Instead of criticizing or scolding, make a point to praise your kids every day. **Your love, hugs, and compliments can work wonders** and encourage good behavior.

Take a break from your busy schedules and have some family fun with a [game of riddles](#). Best of all, you can play on a road trip!

MEMBERSHIP

Create a February **“Ask the Expert” video** and answer this question. “How can I improve my heart health during American Heart Month?”

Banish boredom this month and try a new fitness class at the Y! *(link to your class schedule or classes web page)*

We have a great way to bond with your kids! *(link to your Child/Parent Programs web page)*

Create an “Ask the Trainer” video and answer this question. **“What are some common fitness mistakes I should avoid?”**

Want a healthier lifestyle for yourself but don’t know where to begin? The Y can help you start your journey! Contact us today.

The Y can help you achieve your wellness goals! We have options for your business, family, or just you. Check out the many benefits the Y has to offer. Contact us today.

The Y is a great place to help you recover from an injury or surgery. **We have low-impact classes customized just for you!** *(link to your low-impact fitness class web page)*

Bring the entire family to the Y and get fit together. We offer a variety of ways for families to be active and enjoy time together. *(link to your Family Fitness web page)*

Free Pass! Come on in, try a class, explore our Y, and discover something new about yourself. *(link to your Free Pass web page)*



TRIVIA

True or false? February is the only month of the year that can pass without a single full moon.

Answer: True

Name two sports where the winner moves backward.

Answer: Rowing and tug of war

What ingredient is in foods that are Florentine style?

Answer: Spinach

True or false? More germs transfer by shaking hands than by kissing.

Answer: True

About how many roses are sent for Valentine's Day each year?

Answer: 50 million

Which vitamin is the only one not found in an egg?

Answer: Vitamin C

What is the distance of the blood vessels in your body?

A. 2,000 feet B. 38 miles C. 60,000 miles D. 320,000 miles

Answer: C. There are 60,000 miles of blood vessels in your body. That's enough to go around the world twice!

What is the most popular day of the year to order pizza in the United States?

Answer: Super Bowl Sunday

What fruit was once known as a "love apple" for its alleged aphrodisiac properties?

Answer: Tomato



INSPIRATION

These [inspirational quote cards](#) will encourage your Members to make heart health a regular part of their self-care routine during American Heart Month or any time of the year.

“The best and most beautiful things in the world cannot be seen or even touched – **they must be felt with the heart.**” ~ Helen Keller

Hello, February! Be Good To Me!

“Valentine’s Day is a love note to the rest of the year.” ~ Jo Lightfoot

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.” ~ Michelangelo

“**My humanity is bound up in yours, for we can only be human together.**” ~ Desmond Tutu

“Doing the best at this moment puts you in the best place for the next moment.”
~ Oprah Winfrey

“Keep your face always toward the sunshine – and shadows will fall behind you.”
~ Walt Whitman

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

“Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. **We are the change that we seek.**” ~ Barack Obama