

July is **National Parks Month, National Picnic Month, and UV Safety Month**

Find the best resources by clicking the names above.

July 4 - Independence Day

Whether you're enjoying a barbecue, watching fireworks, or participating in a community event, **take a moment to appreciate what brings all of us together.**

July 11 - All American Pet Photo Day

📷🐾 Celebrate American Pet Photo Day and share the cuteness of your adorable fur babies with us! #AmericanPetPhotoDay #PawfectCompanions 🐶🐱

July 17 - World Emoji Day

Express yourself with emojis today! Comment below with your favorite emoji combos, and spread the emoji love! 🥳❤️ #EmojiDay #ExpressYourself #EmojisRock

July 23 - Parents' Day

Happy Parents' Day! Thank you for your unwavering support, sacrifices, and unconditional love! #ParentsDay

July 20 - National Moon Day

Happy Moon Day! 🌕🌟🚀🌙 Reflect on the awe-inspiring beauty and mystery of the cosmos today. #NationalMoonDay #SpaceExploration #BeyondTheStars

July 30 - International Day of Friendship

Celebrate the bonds that unite us across borders and cultures. **Tag your friends and tell them how grateful you are for their friendship.** #FriendshipDay #FriendsForever #SpreadLoveAndKindness

FOOD & DRINK

What's in season? Apricots, beets, bell peppers, blackberries, blueberries, broccoli, cherries, cucumbers, herbs, lettuce, onions, peaches, plums, raspberries, spinach, strawberries, summer squash, tomatoes, and zucchini.

Add a summery twist on an Italian classic to your dinner rotation this month - [Meet the Peach Caprese Salad](#).

Short on time for dinner? **Roast or grill various vegetables from the farmers market** with olive oil, salt, and pepper and serve over cooked quinoa.

Start your day with a [heart-healthy breakfast](#). Some of these you can even make ahead!

Make a [healthy lasagna for dinner](#) on July 29th in honor of #NationalLasagnaDay.

Try new toppings on your hot dog in honor of National Hot Dog Day on July 19th. How about bacon, lettuce, and tomato? Or salsa, jalapeño, and cheddar?

Throw some shrimp on the Barbie for an easy and healthy [Taco Tuesday!](#) While you're at it, grill up some of that **fresh sweet corn as a side**.

Post for 7/31 - What's the perfect refreshing breakfast on a hot summer morning? How about this [Avocado Smoothie](#) in all its creamy goodness? #NationalAvocadoDay

Go nuts! Did you know nuts are a good source of the nonessential amino acid l-arginine, which helps protect your heart from plaque buildup?

A refreshing fruit salad is definitely worth taking to your next summer cookout.



LIFESTYLE

Pro Tip: Keep your energy bills manageable and avoid using heat-producing appliances such as ovens or dryers during the hottest parts of the day.

Start your day by making your bed! It'll give you a sense of accomplishment and control from the very start.

Join the conversation: **What's on your summer reading list?**

Are you thinking of adopting a pet this Summer? [Here are some ways kids](#) can assist in the care of your new furbaby.

Start your day with a breathtaking sunrise or end it with a mesmerizing sunset. Then share your favorite photos on Facebook, and let the beauty of nature inspire awe in all of us.

Let loose and dance like nobody's watching. Share your favorite dance routines, groovy playlists, or even your own dance videos to inspire others to move and have fun.
#DanceYourHeartOut #FeelTheBeat"

Keep your brain finely tuned with the S.H.A.R.P. protocol - Slash sugar and salt, Hydrate, Add more omega-3 fatty acids from dietary sources, Reduce portions, and Plan ahead.

Save \$\$\$\$. About 90% of the energy used to wash clothes is just to heat the water! To save on water heating costs, **wash your clothes in cold water.**

Prioritize stress reduction to stay sharp and refreshed. Take breaks throughout the day for activities that bring peace, like strolling in nature, journaling, bonding with pets, or simply daydreaming.



COMMUNITY

*Post for 7/11 - **Happy Cow Appreciation Day!*** 🐄🐮❤️ Take a moment to acknowledge these gentle and amazing creatures who provide us with milk, cheese, and more. Show some love for cows today and support ethical farming practices. #CowAppreciationDay #GratefulForCows #SupportEthicalFarming

🏠❤️ Foster a pet, change a life! Be their temporary hero, offering love and stability. Join the incredible journey of making a difference. #FosterParent #ChangeALife #LoveAnimals

Pollinators play a unique and crucial role in how ecosystems function, and they are in trouble. [Learn why](#) they are so important and what you can do to help.

*Post for 7/16 - **Today is World Snake Day.*** 🐍❤️ Did you know there are around 3,600 species of snakes on our planet? It's true, and these slithery creatures make up a significant proportion of the middle-order predators that keep our natural ecosystems working.

Be a hero in your community! Join volunteer firefighter or emergency response teams, safeguarding lives and property during times of crisis. #CommunitySafety #EmergencyResponse #LocalHeroes

Declutter your home this summer, then organize or host a garage sale where proceeds go to a local charity or nonprofit organization.

Strengthen neighborhoods, one block at a time! **Participate in community cleanups or beautification projects**, creating safe and welcoming spaces for all. #CommunityPride #NeighborhoodRevitalization #BeautifyYourHood



HEALTH

In the hot summer months, it's important to stay hydrated. **How do you know if you are dehydrated?** [Find out.](#)

Here's what's on our list of healthy snacks for July - Blueberries, Bell Peppers & Hummus, Cherry Tomatoes with Feta, Air-popped Popcorn, Cashews, and Turkey Jerky.

Here is the perfect smoothie to make with all of those in-season peaches! Combine 1 cup soy milk + 1 fresh peach with skin + 1/2 cup nonfat vanilla frozen yogurt. Enjoy!

The nine years from 2013 to 2021 rank among the ten warmest on record. **Be prepared for extreme heat with these tips from [Ready.gov](#).**

Stop mosquitos from multiplying and keep these pesky bugs at bay by dumping standing water in tires, bird baths, trash bins, potted plants, clogged gutters, pet bowls, wheelbarrows, buckets, toys, or anywhere else that water sits.

Simple acts like getting out of a chair can become a challenge as we get older. **Stay strong with free weights**, resistance bands, or other strength training.

Many lite products, like salad dressings, compensate for their lack of fat and flavor with hidden sugars. Swap them out for one of these [homemade and healthy alternatives](#).

Go down that rabbit hole and release stress naturally by looking up information on something completely different than what is stressing you out.

HIIT Training: What is it, and why is it so awesome for everyone? [Find out!](#)

[Be a good pool citizen](#) and learn how to **enjoy the water without getting sick this summer.**



PARENTING

Summer break is in full swing! If you are running out of ideas to keep your kiddos entertained, [check out these creative ways](#) to occupy some time.

Biking is a fun way for children to get exercise and explore the outdoors. Go on bike rides together as a family this summer.

Want to get your kids involved in healthy activities? **The YMCA has programs for kids of all ages!** ([link to your website page with program information](#))

Teaching your child responsibility starts at home. Involve your kids in household tasks and talk to them about money management. [#familyvalues](#) [#responsibility](#) [#financialliteracy](#)

“The best inheritance a parent can give his children is a few minutes of his time each day.”
~ O. A. Battista

Summer break is the perfect time to teach your kids how to do chores. Little ones can help sort and fold laundry, and older kids can start learning how to use the washer and dryer.

Be sure your teen knows the importance of choosing friends who do not act in dangerous or unhealthy ways, and encourage them to surround themselves with positive influences.

Rainy day project - [Upcycle plastic bottles](#) and make something fun for the garden.

Grab your flashlights and head outside for a [nighttime scavenger hunt](#), where you'll discover a whole new world.

The next time your child asks for a milkshake on a hot summer day, **make them a Peanut Butter and Banana Smoothie!**

MEMBERSHIP

Are you looking for a family-friendly fitness center? **Look no further than the YMCA.**

Don't forget to share upcoming health and fitness events at your YMCA, such as classes, workshops, and challenges. The earlier you get the word out, the better!

Exercise is a gift you give yourself, not a punishment. Start your journey at the Y today.

Video idea! Produce videos showcasing the success of past members, highlighting how the YMCA helped them achieve their fitness and wellness goals.

Gather and share testimonials from YMCA members, such as: "I've lost 20 pounds since joining the YMCA. The staff is so friendly and helpful, and I love all the classes they offer."

With flexible membership options and affordable pricing, the YMCA makes prioritizing your health and fitness easy. Learn more! *(link to your website page with membership information)*

Record interviews with local community leaders who have partnered with your YMCA, highlighting the organization's positive impact on the community.

There are so many resources available to help you live a healthier life. **Like joining the Y! Stop in for a tour.**

Whether you're interested in swimming, yoga, or weightlifting, the YMCA has a program for you. Learn more. *(link to your website page with program information)*

Ask the Nutritionist - **"Do you have any tips on eating healthy during vacay?"**



TRIVIA

Which country invented tea?

Answer: China

The Statue of Liberty was given to the US by which country?

Answer: France

Name the three primary colors.

Answer: Red, yellow, and blue

How many National Parks are in the United States?

Answer: 63. [Learn more about them and plan your next adventure here.](#)

Which planet has the most gravity?

Answer: Jupiter

Post for 7/17 - It's National Tattoo Day - What is the most popular tattoo in the United States?

Answer: Butterfly

Which days are known as the Dog Days of Summer?

Answer: July 3 - August 11

In baseball, it's shorthand for a strikeout. On the Periodic Table, it's potassium; in a text message, it's a quick affirmative response. What's the letter?

Answer: K

According to the National Gardening Association, the most common food grown in home gardens is?

Answer: Tomatoes. What's your favorite thing to make with them?



INSPIRATION

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." ~ Ralph Waldo Emerson

"If you have a garden and a library, you have everything you need." ~ Cicero

"Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision." ~ Muhammad Ali

"Behind every young child who believes in himself is a parent who believed first."
~ Matthew Jacobson

"Fitness is not a hobby. It's a lifestyle." ~ Anonymous

"The hum of bees is the voice of the garden." ~ Elizabeth Lawrence

"Freedom is the open window through which pours the sunlight of the human spirit and human dignity." ~ Herbert Hoover

"Time is the wisest counselor of all." ~ Pericles

"Don't let yesterday take up too much of today." ~ Will Rogers

"Courage doesn't always roar, sometimes it's the quiet voice at the end of the day whispering **"I will try again tomorrow."** ~ Mary Anne Radmacher

"Exercise is medicine." ~ Anonymous