

May is **National Bike Month, National Physical Fitness & Sports Month, Mental Health Month, Lyme Disease Awareness Month**

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

May 2 - Teacher Appreciation Day

Today we celebrate the work and dedication of the teachers who have shaped our lives and the lives of others. Thank you, you are amazing!

May 4 - Star Wars Day

Whether you're a rebel or an empire supporter, let's all unite and geek out over our love for this epic space saga. May the 4th be with you!

May 5 - Cinco de Mayo

Happy Cinco de Mayo! **Wishing you all a fun and festive day** filled with good food, good company, and good vibes.

May 6 - National Nurses Day

Happy National Nurses Day! Today, we celebrate and honor the awesome nurses who work tirelessly to keep us healthy and safe.

May 14 - Mother's Day

Happy Mother's Day to all the moms out there! 🌸🌺🌸 **Take a moment today to celebrate** yourself and all the marvelous moms in your life. You deserve it!

May 29 - Memorial Day

Today, we honor and remember the brave men and women who sacrificed for our country. 🇺🇸🙏
To all the fallen heroes and their families, we say thank you.

FOOD & DRINK

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

Post for 5/15 - It's National Chocolate Chip Day, and this [cookie recipe](#) uses them and an unusual ingredient. **We triple-dog-dare you to try them!**

Grilling season is here, and this [Grilled Honey Mustard Chicken](#) looks amazing! Pair it with a [Strawberry Spinach Salad](#) for a delightful dinner.

Pro Tip: Salt your greens. Relying on dressing alone can lead to an over-dressed salad, adding extra calories to your otherwise healthy dish.

Which superfood has over 500 varieties? Mango, Watermelon, or Apple?

Answer: Mango

Post for 5/25 - Grab a glass of vino and pair it with a [delicious and healthy meal](#) to celebrate **National Wine Day!**

Refreshing! 1 banana + 1 cup strawberries + 2 cups milk + a scoop of plain Greek yogurt + 1 tsp honey + 1 cup ice, Blend until smooth and enjoy.

Post for 5/28 - **It's National Burger Day.** You can eat juicy, irresistible burgers and maintain a healthy lifestyle. [Add these to the menu](#), and you're all set.

Recipe: [Fruit Salad Spring Rolls](#). A fun, fruity twist makes for a delicious and healthy dessert.

Trending: Tiger Nuts. What are they, and what are the health benefits? [Find out!](#)



LIFESTYLE

Heads up! Bike to Work Week is May 15-21, and Bike to Work Day is Friday, May 19.

Decrease your risk of heart disease in the office. Make a playlist, then get out of your chair every half hour and dance for 3 minutes!

Keep your coffee pods, tea bags, and cotton swabs organized by repurposing candle jars and vases as holders for all things floating around the house.

Be picky about processed foods. If a food's ingredients include things you've never seen in a home kitchen, it's likely ultra-processed and loaded with added sugar, sodium, calories, and fat.

Were you enjoying a Burrito for Cinco de Mayo? A flour tortilla can have 320 calories and 50 grams of carbs! **Next time, balance your craving with a [Burrito Bowl](#).**

Make a healthy dip for Memorial Day. Process two cans of Cannellini Beans, 1/3 cup chopped parsley, 1/4 cup lemon juice, three garlic cloves, and a tablespoon of minced Pepperoncini.

Happiness Booster: Reflect on three things that made you feel thankful and write them down each night. It might even improve your sleep!

There is no one-size-fits-all approach to healthy living. Just find what works for you and stick to it. You've got this!

Pro Tip! Reuse those fabric or plastic pouches you get from new bedding and pillows to store shoes or dirty clothes when traveling.

Things on toast: Brie and Raspberry Jam! Use sprouted or whole grain bread, bagels, or English muffins for their crucial fiber.



COMMUNITY

Post for May 1st - May Day is a reminder of the ongoing fight for fair wages, safe working conditions, and workers' rights everywhere. It's an opportunity to honor the hard work and dedication across all industries and advocate for workers' rights.

Spring is a great time to **organize a neighborhood or community-wide cleanup effort**. The birds, bees, and trees will thank you!

It's also a great time to help with a community garden project!

Participate in a charity walk or run. Google "charity walks/runs near me" and discover what's happening in your neighborhood.

Post for 5/19 - What comes to mind when you think of endangered species - rhinos, leopards, elephants, or tigers? Remembering the plants and animals in your area that need help is also critical. Find out how you can get involved at [The Nature Conservancy](#). #EndangeredSpeciesDay

Post for 5/20 - **Show your support for the men and women of the Armed Forces** community, including currently serving troops, service families, veterans, and cadets. #ArmedForcesDay

Post for 5/20 - Today is National Rescue Dog Day. **Are you ready to adopt a new best friend?** Read these [Adoption Tips](#) to prepare yourself for what's to come.

World Bee Day is May 20th. **Did you know bees communicate by dancing?** [Click here](#) to learn the types of dances they perform!



HEALTH

“Physical fitness is not only one of the most important keys to a healthy body. It is the basis of dynamic and creative intellectual activity.” ~ John F. Kennedy

Share these [health.gov fact sheets](#) at your Y and “Move in May” for **National Physical Fitness and Sports Month**.

Build total body strength with a [single kettlebell!](#) Yep, you read that right.

Support your physical and mental well-being by making a date with a friend. Go for a hike, a walk on the beach, or pedal through the park. #MentalHealthMonth

Here's what's on our list of healthy snacks for May - Strawberries, low-fat cottage cheese with pineapple, whole-grain crackers with almond butter, Broccoli florets, and smoked almonds.

Tip: If you're unsure where to start your health journey, **try walking for 30 minutes daily**. It's a great way to get moving and improve your overall health.

Fall in love with walnuts! Their brain-boosting omega-3 fatty acids and antioxidants help sharpen memory and cognitive function.

Only have 20 minutes to work out today? [Try these moves](#) to maximize the time you have.

It reduces your carbon footprint, helps your gut, increases brain power, helps with creativity, and helps you get fit and healthy. **These are just some of the benefits of biking!**

It's getting hot out there. Hydrate, hydrate, hydrate!



PARENTING

When your kids are feeling good, your life is easier, too. So [find ways to help your kids](#) fit more activity into their day. #MoveYourWay #PhysicalFitness #Sports

May is a great time to start an herb garden. When kids learn about where their food comes from and how it's grown, they build deeper connections to the planet.

Spending quality time with your child is important. Make sure to talk to them about their day, their friends, and what challenges they are facing. #parentingtips #qualitytime #familytime

It's all about Mom on May 14th, so she'll love reading this [free and fun printable](#) while enjoying breakfast in bed!

Teach your kids about the butterfly life cycle. After you have read a couple of butterfly books with your kids they'll be ready to identify the four stages all summer long.

In honor of World Bee Day on May 20th, make this [Honey Bee Slime](#), then [read up on these friendly pollinators with your kids](#).

Give Mom a bouquet of [homemade flowers](#) and make her Mother's Day bright!

Get your kids prepared for their summer reading lists by making these [Super Hero Bookmarks!](#)

We love this idea and May is the perfect time to get this [Bucket List Wreath](#) put together so you can enjoy everything on the list during summer break.

Enlist the kids to help make these [No-Bake Peanut Butter Bars](#) for their after-school snack. They may be a little sweet, but **the peanut butter will keep them energized!**

MEMBERSHIP

Pilates can improve muscle tone, flexibility, and strength – and help you heal from injuries. **Check out our Pilates Class Schedule for a low-impact, full-body workout.** (*Link to URL with Class Schedule on your website*)

Are you looking for a fun and healthy way to get active? Join us at the YMCA and start your journey to wellness today!

“My Yoga class is full of people in their 20s. Am I too old for Yoga?” Absolutely not! The Y has classes for all levels of fitness and ages.

Want to stay fit and make new friends? Join the YMCA community and experience the best of both worlds!

Promote membership by sharing videos featuring the work of your YMCA's volunteers and their contributions to the community.

Build your membership by recording interviews with local health and wellness experts, showcasing how your YMCA partners with others in the community to support healthy living.

Ask the Expert Video - Have your YMCA Nutritionist answer the following question. “I’m vegetarian. Any tips on how I can get more protein in my diet?”

The YMCA is more than just a gym – it's a place where you can **build relationships**, grow as a person, and become part of a supportive community.

“Don't wait. The time will never be just right.” ~ Napoleon Hill
What are you waiting for? Join the Y today.



TRIVIA

What is the deadliest creature in the world?

Answer: Mosquito

What bodybuilder was famous for advertising his exercise course in comic books in the 1940s and continuing past his death in 1972?

Answer: Charles Atlas

What is known as the international distress call?

Answer: Mayday. Adapted from the French phrase “venez m’aider” or “come and help me.”

Who is the Greek goddess of spring and nature? A. Aphrodite B. Persephone C. Hera

Answer: Persephone

What is the longest river in the United States?

Answer: Missouri

What is the only bird that can fly backward?

Answer: Hummingbird

What term describes the method of training that focuses on developing muscular power that’s derived from the Greek for “more” and “measure”?

Answer: Plyometrics

What is the most commonly littered item?

Answer: Cigarette butts!

What does CAPTCHA stand for?

Answer: Completely Automated Public Turing Test to tell Computers and Humans Apart



INSPIRATION

"**A healthy outside starts from the inside.**" ~ Robert Urich

"Healthy habits are a form of self-love." ~ Anonymous

"Inspiration comes from within yourself. One has to be positive. **When you're positive, good things happen.**" ~ Deep Roy

"Your body is your most priceless possession. Take care of it." ~ Jack Lalanne

"There is nothing impossible to him who will try." ~ Alexander the Great

"**Life is like riding a bicycle.** To keep your balance, you must keep moving." ~ Albert Einstein

"The difference between the impossible and the possible lies in a person's determination."
~Tommy Lasorda

"Happiness often sneaks in through a door you didn't know you left open." ~ John Barrymore

"**I can't change the direction of the wind, but I can adjust my sails** to always reach my destination." ~ Jimmy Dean

"Life changes very quickly, in a very positive way, if you let it." ~ Lindsey Vonn

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it." ~ Unknown

"**The most wasted of days is one without laughter.**" ~ E. E. Cummings
