

April is **National Autism Awareness, Stress Awareness Month, and National Donate Life Month**

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



April 7 - World Health Day

It's a good day to **take control over your well-being** to ensure a healthy and happy life!
#WorldHealthDay #HealthForAll #SupportDoctors #StayHealthy #StayFit #WeCare

April 8 - Solar Eclipse

Many of us will be lucky enough to see this year's Total Solar Eclipse on April 8th. [Learn everything you need to know about protecting your eyes](#) before the big day!


April 11 - National Pet Day

  **Happy National Pet Day!** Celebrate the unconditional love and joy our furry friends bring into our lives by sharing a pic of your beloved pet! #NationalPetDay #FurryFriends



April 22 - Earth Day

Earth Day ideas: Shop secondhand and thrift stores for gently used items. Walk or ride your bike to work. **Use reusable products** instead of single-use products. Support and frequent green businesses. Carpool or make one trip instead of multiple trips for shopping.

April 26 - Administrative Professionals Day

 Today, we celebrate the unsung heroes who keep everything running smoothly behind the scenes. **Thank you for your hard work and dedication!** #AdminProfessionalsDay

April 28 - Arbor Day & National Superhero Day

  **Happy Arbor Day and Superhero Day! Unleash your inner superhero** by planting trees and saving the environment. Every tree planted is a step towards a greener, safer world.



Food & Beverage

What's in season? Peas, carrots, rhubarb, asparagus, artichokes, radishes, leeks, fennel, grapefruit, mango, oranges, tangerines, and mandarins.

Post for April 12 - It's #GrilledCheeseSandwichDay. 🧀🍞 Serve these delicious samies with a healthy soup or salad to counteract all that cheesy goodness!

Who's ready to savor the flavors of the season? This delectable [Spring Vegetable Frittata](#), dishes out a **burst of freshness in every bite!**

April is National Soy Foods Month. Make room in your shopping cart for plant-based proteins like tofu, edamame, and tempeh. You can find [lots of great recipes here!](#)

Trending: The latest Dirty Dozen list. Find out which fruits and vegetables are the most contaminated with pesticides. 🍓

Warm spring days call for a light and refreshing lunch. These ["Chicken" Salad Lettuce Wraps](#) are just the ticket.

What are your favorite culinary creations? Share a recipe you've been loving lately!

Want to make pizza night healthier? **Sliced Brussels sprouts and broccoli florets** give this [veggie pizza](#) a nutritional boost that's full of taste and texture. #nomnom

🥑🥦🍓 Looking to fight inflammation naturally? Incorporate these anti-inflammatory superfoods into your diet - leafy greens, avocado, berries, coconut oil, green tea, and grapes.

Take advantage of fresh citrus while it's in season and make a festive fruit salad. Combine 1 pink grapefruit, 3 oranges, ¼ cup of honey, 2 tablespoons of lime or lemon juice and sprinkle with ¼ teaspoon of cardamom.



Lifestyle


Monday Motivation: Remember to set your goals and crush them this week!

April is National PickleBall Month. **How many of you are totally into this?**


Post for April 11 - Alright, who has a collection of Eight Track Tapes lying around, and if so, what artists? #EightTrackTapeDay

\$\$\$ Saving Tip: Many electronic devices and kitchen appliances use power even when they're off. Save energy by unplugging them from the wall when they're not in use.

Shoes on or off at the door?    Here's why **you shouldn't wear them inside the house.**

 **Cultivate a green thumb** and bring life to your home with indoor plants. They enhance the aesthetics of a room, purify the air, and create a calming atmosphere.

Start your day with positivity! **What's one thing you're grateful for today?**

DYK? Positive relationships with friends, family, and partners can reduce stress, boost mood, and improve overall well-being.  #lovetheonesyouarewith

Whose been doing some spring cleaning this month? Share your top tips for keeping your space clutter-free with us.

April marks Canine Fitness Month, a perfect time to focus on keeping our beloved pups happy, healthy, and active. Have your followers share ways they keep their dogs active and engaged, tips on canine nutrition, and photos of their furry friends having fun!

Fitness challenge: Invite friends to join you in a fitness goal for the month!

Community

April is National Volunteer Month. **Give some shoutouts to your YMCA volunteers!**

Post for April 11 - Happy Pet Day! 🐸🐦🐣🐻🐱🐶🌿🐢🐟🐰🐘🐼 Today is all about celebrating our furry, feathery, scaly, and everything-in-between companions who make our lives brighter every single day! How are you pampering your pet today?

👏🌍 Small acts of kindness create big impacts. Volunteer today and contribute to positive change in your community. #Volunteerism #CommunityAction #MakeADifference

April is Garden Month. Ask your followers to share their favorite gardening tips, tricks, and success stories. Whether they're a seasoned gardener or just getting started, there's always something new to learn and explore.

We love this! **Check out One Square Inch of Silence.** Founded on Earth Day in 2005, it encourages you to participate in expanding naturally silent spaces around the globe.

April 20 is Volunteer Recognition Day. As you go about your day, **honor and thank those who go the extra mile!** #VolunteerRecognitionDay

Now is the time to consider volunteering for your local library's summer reading programs. You can also clean off your shelves and donate books to encourage literacy and lifelong learning.

🍎🥕 Nurture well-being, one meal at a time. **Contribute to community gardens** or food initiatives promoting access to fresh and nutritious food. #FoodSecurity #HealthyCommunities #SustainableEating

What are some ways you are **volunteering this month?** Participating in a charity walk or run? Planting trees or flowers in your community? Volunteering at a community center?



Health

The YMCA is a sanctuary for stress relief and mental well-being. **Try a relaxation-focused yoga or tai chi class** and feel the tension slip away. #StressAwarenessMonth

Moderate-intensity exercise is a great way to maintain a balanced fitness routine without pushing yourself too hard. Some examples are **playing volleyball for 45 minutes**, basketball for 20 minutes, or washing your car for 45 minutes to an hour.

Our smoothie of the month - Blend three pitted dates + 1 Tbsp. cocoa powder + 1 Tbsp. instant coffee powder + 1 tsp. vanilla extract + ¼ tsp. kosher salt + 1½ cups water until smooth. Then add two chopped frozen bananas + 1 cup frozen blueberries and blend.

Post for April 18 - It's #NationalExerciseDay, and a great day to start a simple exercise routine. PRO TIP: Invite a friend for motivation!

Snacking isn't bad if you snack right. Plan what you're nibbling on ahead of time and **opt for low-calorie foods** like ¼ cup of unsalted nuts, ½ cup of edamame, or 1 cup of raw veggies with ¼ cup of hummus. #snackhealthy

Healthy Tip: Swap your regular yogurt for Greek yogurt for more protein. Add fresh or frozen fruit to sweeten things up, and some unsweetened granola for some crunch.

Feeling brain fatigue from hours of work? It's a sign to take a break. **Replenish by taking a walk**, having lunch, or meditating. You'll return refreshed and ready to achieve!

Fitness Myth Busting: You must work out daily to see results. The truth - rest and recovery are crucial for muscle growth and overall health. Overtraining can lead to injury and burnout. Aim for a balance of exercise and rest days.

Stretch it out! Boost your flexibility with these moves: Forward fold for hamstrings. Cat-cow for spine. Quad stretch for thighs. Child's pose for lower back. Shoulder stretch for upper body.



Parenting

Post for April 3 - It's Find a Rainbow Day. If you can't find one, make one! [This whimsical rainbow mobile](#) will add a touch of magic to any room. #FindARainbowDay

Kid-approved! Welcome spring with a sweet and sour treat. Skewer grapes and roll until well coated in your favorite gelatin flavor. Place on parchment and freeze for 1 hour.

Post for April 14 - While you're looking up at the sky today, play [Sky Bingo](#) with your kids! Download and print, then see who can find the most things in the sky. #LookUpAtTheSkyDay

Get the conversation rolling with your kids. "If you could be any animal, what would you be and why?" "When was the last time you were silly, and what did you do?" "If you could be any pizza, which kind would you be?"

Respect and kindness are essential values to instill in your child. Encourage them to help others and talk to them about what to do when faced with disrespectful behavior.

Welcome spring with these [adorable paper flowers](#).

Do you think your kids are too young to help with the chores? Think again! 2-3 year-olds can pick up toys, sort recycling, put dirty clothes in the laundry, wipe up spills, dust, and clear the table for meals.

What's on your kids' Spring bucket list? A trip to the zoo? Planting seeds? Jumping in puddles?

Have a good game of "Would you rather" - Would you rather jump in a giant mud puddle or climb a massive pile of snow? Would you rather give up cheese forever or chocolate? Would you rather have to grow all of your food or eat fast food all the time?

Get your free, printable [Spring coloring pages here!](#)




Membership

Your YMCA membership isn't just about exercise, it's about enhancing your overall quality of life. **Join us and experience the difference!**

Give the gift of health and happiness to yourself or a loved one. Become a member of our YMCA and open the door to a world of possibilities.


Have your Nutritionist **"Bust the Myth"** and explain via video whether foods with "whole grain" or "multigrain" on the label are healthy or not.


They are filling up fast! Visit our website to **learn more about our Summer Camps.**

 **Calling all basketball enthusiasts!** Join a YMCA basketball league and show off your mad skills. Whether you're a beginner or a seasoned player, a team awaits you! #BallisLife #TeamSports #YMCA #Basketball

Ready for some family fun? **The YMCA offers activities for all ages.** From parent-child classes to family swim sessions, there's something for everyone! Join today!

Create an "Ask the Expert Video" and have your YMCA Nutritionist answer the following question: **"What are the worst foods to eat before a workout?"**

 Keep your kids active and engaged this summer with the YMCA's youth programs. Explore endless possibilities for fun and learning. Enroll now!

 Creativity knows no bounds at the YMCA! We're here to inspire your artistic side with arts and crafts, music lessons, and more. **Become a member and unleash your creativity!**

Sprint into fitness at the YMCA! Challenge yourself with a new class or fitness goal.



Trivia Questions

Which famous 1940s Monster was born in April?

Answer: Lon Chaney

How popular is the name April?

Answer: In the United States, the name April is the 453rd most common name.

What is a Patagonian toothfish also known as?

Answer: Chilean Sea Bass

1 in 4 families says there's a weekly argument over this particular chore. What is it?

Answer: Mowing the lawn

What animal is responsible for planting over a million trees worldwide every year?

Answer: Grey Squirrel

Who was the first superhero?

Answer: Lee Falk created the first superhero, The Phantom, which debuted in 1936.

What is April's full moon called, and why?

Answer: The Pink Moon for the pink phlox flower that blooms this month.

The world's deadliest animal reappears every spring. What is it?

Answer: The mosquito

Around 35% of us say this is the most intimidating exercise to do in public. What is it?

Answer: Yoga

Inspiration

Stay Positive! "If April showers should come your way, they bring the flowers that bloom in May." ~ Buddy de Sylva

"Train because you love your body, not because you hate it." ~ Jen Keck

"Some old-fashioned things like fresh air and sunshine are hard to beat."
~ Laura Ingalls Wilder

Set goals that challenge and inspire you. 🎯 Break them down into actionable steps, stay focused, and celebrate each milestone. **You're capable of achieving great things!** #GoalGetter #DreamBig

"Happiness is not the absence of problems, it's the ability to deal with them."
~ Steve Maraboli

"I love the smell of rain and growing things." ~ Serina Hernandez

"The man who moves a mountain begins by carrying away small stones." ~ Confucius

"No one has the power to shatter your dreams unless you give it to them."
~ Maeve Grayson

"The secret of getting ahead is getting started." ~ Agatha Christie

"Every accomplishment begins with the decision to try." ~ Gail Devers

"When you've got something to prove, there's nothing greater than a challenge."
~ Terry Bradshaw