

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

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

February 2 - National Wear Red Day

[Go Red for Women!](#) It's National Wear Red Day® during American Heart Month.

February 8 - National Giving Hearts Day

Donate to your favorite charities today. Soup kitchens, medical foundations, STEM programs, arts programs, and so many more need to raise money to advance their missions. **Get involved and give!**

February 14 - Valentine's Day

Happy Valentine's Day! "**All you need is love.** But a little chocolate now and then doesn't hurt."
~ Charles M. Schulz

February 19 - President's Day

Applies to all aspects of life: "If you want something you've never had, you must be willing to do something you've never done." ~ Thomas Jefferson

February 20 - National Love Your Pet Day

A day to give your furry family members some **extra ear scratches, squeaky toys, or special treats.** #LoveYourPetDay

February 29 - Leap Day

How long does it take the Earth to travel around the Sun in a year? 365 days, 5 hours, 48 minutes, and 46 seconds, to be exact. That's why we have a leap day! To accommodate for those extra hours, minutes and seconds.



Food & Beverage

What's in season? Brussels sprouts, cabbage, winter greens, beets, leeks, winter squash, potatoes, sweet potatoes, parsnips, carrots, turnips, sunchokes, grapefruit, kiwi, and citrus.

Go beyond Chips and Salsa for the Big Game! Add some of these [snacks and apps](#) to the menu.

Post for 2/4 - Nothing tastes better than a comforting bowl of soup to warm your spirits, and this one should do the trick: [Lemon Chicken Orzo](#). **Happy #HomemadeSoupDay!**

Did you resolve to eat healthier in 2024 but have no idea what to cook? From breakfast to dessert, [these recipes](#) will get you inspired!

Post for 2/7 - What's one of our favorite unhealthy pastas? Fettuccine Alfredo! And today is the day we honor this dish. Try a [lightened-up version](#) and save on calories and fat.
#FettuccineAlfredoDay

Post for 2/9 - **It's National Pizza Day!** Here are eight [tips for a healthier pizza night](#).

Need a Valentine's treat for the office, book club, or a romantic night in? [Dark Chocolate Strawberries](#) are the way to go!

Plan to celebrate National Drink Wine Day on February 18 by inviting friends to a wine and cheese night. **Create a tasting menu with wine and cheese pairings**, or opt for a potluck-style event where everyone brings their favorite wine and cheese.

Post for 2/22 - Who doesn't love chili?! Try this [heart-healthy version](#) for National Chili Day.

Having the same thing for lunch again? Switch up your routine with a light lunch that will keep you satisfied until dinner like these [Nordic Shrimp Toasts](#).



Lifestyle

Start your day with a walk and take in all the chirping birds. Research says **listening to bird songs can improve your mood for up to eight hours.**

Jumping rope isn't just for kids. It can help improve your coordination, burn calories, and much much more. [Read on.](#) #AmericanHeartMonth

Post for 2/13 - ❤️ Love is sweet. Friends are better. Happy Galentine's Day!

Post for 2/13 - Lift a fork and celebrate National Tortellini Day with an [easy and healthy Tortellini Primavera](#) loaded with fresh veggies.

Get lost in the magic of movies! Whether it's a classic film or the latest blockbuster, grab some popcorn and immerse yourself in a captivating story on the big screen, or keep cozy at home.

Is bad weather headed your way? **Be sure to charge phones, laptops, portable chargers, and other devices** that will help you stay connected in an emergency or power outage.

Aim for 7-9 hours of quality sleep each night to recharge your body and mind. 😴 What are some healthy tactics you use? #QualitySleep #WellnessEssential #RestAndRecharge

🎵 **Let the music move you!** Create a personalized playlist and let the rhythm energize your day. Music can uplift your spirits, whether it's your favorite band or a new genre. 🎧 #MusicLover #FeelTheBeat

Are you doing more plant-based eating this year? Share your delicious vegan recipes or plant-based cooking tips with us!



Community

It's Black History Month - support your locally-owned Black businesses this month and all year round! #blackhistorymonth #blackhistory #blackexcellence

It's American Heart Month. Host a blood drive in your community. [Learn more here.](#)

Post for 2/17 - **Today is Random Acts of Kindness Day.** We love these brilliant ideas from [The Random Acts of Kindness Foundation](#). Spread kindness today and every day!

Make a plan before bad weather hits your area. Check with those who are elderly, have young children, or have medical conditions to ensure they know what to do if there is a power outage. Don't forget to include your pets!

The ultimate way to celebrate Love Your Pet Day is to get a pet of your own to love! **If it's within your means, consider adopting a pet needing a home.** Explore local organizations that rescue and re-home animals in your area. It'll change your life in ways you never expected.

Empower the next generation! Offer your skills and mentorship to local schools or youth organizations. It takes a village to inspire and shape young minds. #EducationMatters #YouthEmpowerment #Mentorship

Extend a helping hand to the vulnerable – volunteer at hospitals or healthcare facilities, offering comfort and assistance to patients and their families.

Start planning a community garden today. **Collaborate with your neighbors to create a space where everyone can participate** in growing fresh produce and beautifying the neighborhood.



Health

Make health a priority this month. Swap your office chair for a fitness ball, or a standing desk. They can ease stress and back pain.

Pistachios are higher in protein than any other nut. Make a healthy snack for an afternoon pick-me-up with these [Pistachio Energy Balls](#).

February is American Heart Month. Check out these [fascinating facts about one of the most amazing organs in our bodies](#). [The heart!](#)

Swap outdoor activities for indoor ones. Get on an exercise bike and go cycling while watching your favorite TV show or reading a book.

🍌 **Fact: Bananas are a portable and energizing snack** loaded with potassium, an essential mineral that supports heart health and muscle function. [#BananaLove](#) [#HeartHealthy](#)

Make “keep moving” your new mantra! If you work at a desk all day, take periodic breaks for a mini-workout. Try chair yoga or keep resistance bands and light weights near your desk.

Serve a [healthy dip](#) for the Big Game with fresh veggies, pita, or crackers. They’ll never know it’s full of protein and low in fat. [#GameDay](#) [#HealthySnacks](#)

Start your day with a refreshing smoothie. Blend 2 diced carrots + 1 cup of pineapple + 2 inches of peeled & chopped ginger + 1 teaspoon of turmeric powder + juice of a lemon + 1 cup of water.

Post for 2/22 - It’s National Margarita Day! Enjoy a [refreshingly healthy alternative](#) to this classic cocktail on Taco Night.

Parenting

Advice: Encourage your child's independence and let them make choices. It builds confidence!

Post for 2/7 - Athletics play an important role in girls' lives. Besides helping establish a healthy, active lifestyle routine, sports build confidence, leadership skills, and the ability to work with a team. **What sport do your girls love and why?** #GirlsAndWomenInSportsDay

February 11th is Make a Friend Day. Have your kids create a fun friendship "want ad" where they describe the qualities they would like in a best friend. #friendship #friendday

Nothing says love like a bit of slime! Help your kids make this Valentine's [version](#). ❤️ It's a fun science activity, and it's easy to do.

The struggle is real! [Is it ok for boys \(or girls\) to wear shorts in the winter?](#)

Is it too cold to play outside? Board games, card games, and puzzles make for great indoor entertainment! Plus, you can get the whole family involved for a fun time inside.

Leap Day Craft Idea: 😊 Let your kids color their lunch bags green and add some froggy eyes and smile, ribbit. #LeapDay #crafting

Have a Leap Day party and get jumping! Jumping rope is an excellent way for kids to improve their coordination and cardiovascular health. It's also a fun activity they can enjoy with friends.

This craft may get a little messy, but we love this idea! ❤️ [Seed Paper Hearts as Valentine's](#).

What are your best Dad jokes? Share them with us.



Membership

Lots of bugs are still going around. **Boost your immune system** with some exercise at the Y!

The average person learned how to do this at the age of 8. What is it? Swim! **It's never too late to learn. Join the Y today.**

It's a perfect month to test out a few workouts to find a series, program, or instructor you like. Head to the Y today or visit our website to learn more about our offerings.

Create an "Ask the Expert Video" and have your YMCA Nutritionist answer the following question: **"What are the best foods I can eat after a workout?"**

DYK, exercise improves brain function and cognitive performance? Stop in and explore all that the YMCA has to offer.

Don't be afraid to think outside the box and try something new this year. **Join us at the Y.**

Are you looking for a place to relax and unwind after a long day? The YMCA offers stress-reducing programs like yoga and meditation.

Want to stay motivated and accountable in your fitness journey? The YMCA offers personal training and group fitness classes to keep you on track.

Exercise is just one part of a healthy lifestyle. That's why we offer nutrition counseling and other wellness resources. **Build a healthier you at the Y today.**

Slam dunk your fitness goals at the YMCA! 🏀 Join now and enjoy access to our courts, fitness classes, and a whole lot more!



Trivia Questions

What are the odds of having a leap day birthday?

Answer: There is a 1 in 1,461 chance of a leap day birthday.

In which sport do pitchers and catchers report for spring training during February?

Answer: Baseball

What is a Baked Alaska?

Answer: Baked Alaska is a dessert made of ice cream and cake topped with browned meringue.

Name the song that starts "Oh, I could hide 'neath the wings of the bluebird as she sings."

Answer: "Over the Rainbow" by Judy Garland

In which country did the sport of skiing originate?

Answer: Norway.

In which year did the Titanic sink on February 15?

Answer: 1912.

Which bird is known for its ability to mimic human speech?

Answer: African Grey Parrot.

What is the term for a yoga pose that involves standing on one leg with the other leg lifted and the foot resting on the inner thigh?

Answer: Tree pose.

Who was born on February 7, 1812, and is known for his Ninth Symphony?

Answer: Ludwig van Beethoven.

Inspiration

"Yesterday, I was clever, so I wanted to change the world. Today, I am wise, so I am changing myself." ~ Rumi

"Forever is composed of nows." ~ Emily Dickinson

"Don't give up on your dreams, or your dreams will give up on you." ~ John Wooden

"We all can dance when we find music that we love." ~ Giles Andreae

"A journey of a thousand miles begins with a single step." ~ Lao Tzu

"If something stands between you and your success, move it. **Never be denied.**"
~ Dwayne Johnson

"Do what you have to do until you can do what you want to do." ~ Oprah Winfrey

"You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth." ~ William W. Purkey

"Number one, like yourself. Number two, you have to eat healthy. And number three, you've got to squeeze your buns. That's my formula." ~ Richard Simmons

"If I cannot do great things, I can do small things in a great way." ~ Martin Luther King Jr

"Though February is short, it is filled with lots of love and sweet surprises."
~ Charmaine J. Forde