

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

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

July 4 - Independence Day

🇺🇸 Happy 4th of July! Celebrate freedom and fitness today with a visit to the Y! #4thofJuly #YMCA #Community

July 11 - All American Pet Photo Day

It's time to celebrate our furry, feathered, and scaly friends. 🐾🐾🐾 Whether they bark, purr, chirp, or crawl, we want to see your pets in all their glory! Snap a pic of your pet striking their best pose and share it with us!

July 20 - Moon Day

🌕 Today we celebrate our celestial neighbor that lights up our nights and inspires our dreams. Whether you're a stargazer, a space enthusiast, or just love the beauty of the night sky, take a moment to look up and marvel at the moon's magic. 🌙 #MoonDay #LunarLove #CosmicWonder

July 24 - Cousins Day

Cousins are your first best friends. Tag your favorite cousins and spread the love today! 💖 #CousinsDay #Family #BestFriends #Love

July 26 - Summer Olympics Start

🏅🎉 It's the Opening Day of the Summer Olympics! 🌟 Let's celebrate on social as we watch the world's best athletes compete. Who are you rooting for? 🇺🇸 #GoTeamUSA

July 28 - Parents' Day

👨👩👧👦 Happy Parents' Day from YMCA! Celebrate the incredible parents who inspire, nurture, and support you and our community. #ParentsDay



Food & Beverage

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.

Keep things healthy and **go on a culinary adventure** for Taco Tuesday with these [Red Snapper Tacos with Mango Salsa](#). #protein #healthyfats #summercooking

Post for July 10: Celebrate Pina Colada Day with a tropical smoothie. Blend 1 cup fresh pineapple, 1/2 cup unsweetened coconut milk, 1/2 cup ice cubes, 1/4 cup Greek yogurt, and 1 teaspoon vanilla extract until smooth.

What's for dinner? Pair chili-lime [shrimp](#) with mango avocado [salsa](#) for an easy summer meal.

Are you tired of lemon water? Try watermelon basil! Place small cubes of seeded watermelon in a pitcher. Add 1/2 cups of fresh basil leaves, and fill with water. Enjoy!

Post for July 29: It's National Lasagna Day! Use [fresh zucchini](#) from the garden to make a healthy dinner tonight. #lasagnaday #gardenfresh

Upgrade your PB&J lunch game with this [fruit-forward sandwich](#) that's nutrient-rich and satisfying.

It's all about the grill this month! **Thread your favorite vegetables**, such as bell peppers, onions, mushrooms, and zucchini, onto skewers and grill until tender and lightly charred.

Grilling fruit has a way of bringing out all its wonderful flavors. Try these [peaches with yogurt, honey, and fresh mint](#). **A recipe destined to be a summer hit!**

Did you know garlic has compounds that may help prevent cancer? Reap those rewards by adding raw or cooked garlic to sauces, soups, marinades, and vegetables.

Lifestyle

☀️ Enjoy your fun under the sun, but don't forget the sunscreen! #UVSafetyMonth #PracticeSafeSun

Summer is a great time to **unleash your creativity** and let your imagination soar! Paint, draw, sculpt, or engage in any artistic endeavor that speaks to your soul. #ArtisticJourney #CreativePassion

🌸 Discover the power of mindfulness and recognize microjoys! 🧘 By consciously observing these ordinary yet magical moments, we can invite more joy into our lives. **Cherish the beauty of simplicity and live in the present!** #MindfulnessMatters #Happiness

Be prepared for the stormy days ahead. Keep devices such as phones, laptops, portable chargers, and other electronics fully charged to help you stay connected in an emergency.

Post for July 17: 🌍 Happy World Emoji Day! ☀️ Let's celebrate the little icons that bring our messages to life. Whether you're 😊, 😞, 😍, or 😬, there's an emoji for every feeling! **Share your favorite emoji combo in the comments.** 🌈🌟 #WorldEmojiDay #EmojiLove #ExpressYourself 😊💬❤️

🎧 Create a motivational playlist that fuels your workouts and boosts your energy. Let the rhythm push you further and make every sweat session memorable. #MusicForMotivation #WorkoutPlaylist

Spend some time in the morning sunshine. It can help regulate your circadian rhythm, resulting in a better night's sleep.

📝 Start a journaling habit to reflect, set goals, or document your daily adventures. Share your journaling prompts, insights, or creative ideas with your Facebook community. #JournalingInspiration #WritingJourney

Community

Post for July 9:

☀️🐄 **Happy Cow Appreciation Day!** 🐄☀️ Let's give a big shoutout to our favorite bovine friends and all the hardworking farmers who care for them. Whether you're enjoying a scoop of ice cream, a slice of cheese, or just appreciating the gentle moo in the distance, take a moment to think about these incredible animals. #CowAppreciationDay #CowLove #ThankYouCows #FarmLife

🌿 **Join a Park Clean-Up!** 🗑️

Looking for a way to make a difference this summer? Join a local park clean-up event! Spend a few hours picking up litter and helping to keep our green spaces beautiful and safe for everyone. #KeepItClean #Volunteer

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” ~ Audrey Hepburn

Organize a neighborhood potluck or block party and collect donations for:

- Fire and Police Departments
 - Food Banks and Soup Kitchens
 - Hospitals and Health Clinics
 - Parks and Recreations Departments
-

Be a tourist in your town. Support your local antiques stores, eateries, markets, and more! Be sure to share all of the great things about them on social media.

📖 **Support Summer Learning!** 🎒

Many kids need extra help to stay on track during the summer break – volunteer at a local library or community center to tutor or read to children. Your time can make a big difference in a child's life. #SummerLearning #MentorshipMatters

The YMCA loves our volunteers!

“Volunteers don't get paid, not because they're worthless, but because they're priceless.”
~ Sherry Anderson



Health

Summer Suggestion: Take advantage of outdoor biking trails and enjoy nature while getting a great workout. Biking is not only fun but also excellent for cardiovascular health. 🌳🚲
#OutdoorBiking #NatureWorkout #RideAndEnjoy

🍉 **Fact:** Staying hydrated is crucial for overall health. Carry a reusable water bottle with you throughout the day to remind yourself to drink water regularly. 💧🗑️ #StayHydrated
#HealthyHabits #WaterIsLife

Make the most of the longer days by planning fun outdoor activities like hiking, biking, or even playing beach volleyball with friends and family. Summer flies right by!

Did you know? 🍷 Blueberries are nature's top antioxidant-rich fruit! And, they're in season!
#BerryPowerful #NaturesCandy

Make [Tomato Sandwiches](#) your go-to lunch this summer. They've been known to reduce your risk of cancer and heart disease; and improve your skin, muscle recovery, and immune response.

July 24 Post: Check out the [7 pillars of self-care](#), organized by the International Self-Care Foundation (ISF), the 7 pillars provide a framework for improving one's mental and physical well-being. #InternationalSelfCareDay

Head to the beach, the lake, the river, the pool... **gazing at bodies of water can help lower blood pressure** and heart rate while increasing feelings of relaxation.

Discover the power of plant-based proteins with this [delicious lentil salad that's perfect for summer](#). #MeatlessMonday #plantprotein

Post for July 31: 🌟🥑 Happy National Avocado Day! Not only are avocados heart-healthy, but they are also **great for your vision** as they contain antioxidants that are beneficial for eye health.

Parenting

Go exploring! **July is the perfect time for outdoor adventures with your kids.** Whether it's hiking, picnics, or simply playing in the park, embrace nature and create lasting memories.


 #FamilyTime #OutdoorFun

Post for July 9: It's National Sugar Cookie Day! Grab the kids, head to the kitchen, and start baking a [healthier version of this classic cookie!](#)

When summer break boredom sets in, **crafting comes to the rescue!** [With so many craft options](#), your kids will be inspired and entertained for days.

All those ice-cold summer treats can easily cause dun, dun duuun... **brain freeze!** Teach your kids to drink something at room temperature or to push their tongue to the roof of their mouth as a quick remedy.

Post for July 14: We know you love Mac and Cheese just as much as your kids! To **celebrate National Mac & Cheese Day**, forget the processed cheese and make this [easy stovetop version](#) instead. Be sure to add some fresh veggies as a side!

Beat the summer heat with refreshing and nutritious snacks! Keep sliced fruits, veggies, yogurt parfaits, or homemade popsicles on hand for quick and healthy treats that will keep your kids fueled and satisfied.  #SnackTime #HealthyEating

Boredom buster! Play [road trip games](#) on the way to your summer destinations. It's fun for the whole family!

Post for July 21: It's National Ice Cream Day! What's your family's favorite flavor?

Eyes to the sky! [These meteor showers](#) are a sight to see on July 30 & 31. **Grab a blanket and head outside with the family.**



Membership

July is National Ice Cream Month! Have your YMCA **consider having a good old-fashioned ice cream social!** #NationallceCreamMonth #IceCreamYouScream

🎉 Calling all parents! 👨👩 Join the YMCA and discover a wide range of activities for your little ones, from swim lessons to sports and more! #YMCA #KidsActivities #FamilyFun

Summer fun idea to engage with members: Offer a free cooking class on healthy meal prep using summer's best produce. Create a sign-up form on your website and front desk.

Join the YMCA and **get access to our community events** and social activities, where you can connect with other members and have tons of fun! #JoinTheYFamily

Social Media 101: Be sure to capture and share the great moments highlighting your Summer Camps. **Include testimonials in your posts** as the perfect support mechanism. Don't forget to create a folder with all your images so you can start promoting your camps next spring.

🏋️ Strength and confidence go hand in hand! 💪 Join the YMCA and build both through our empowering strength training programs. #YMCA #StrengthTraining #ConfidenceBoost

🌳 **Explore the great outdoors with the YMCA!** Our hiking and nature excursions are perfect for adventure seekers. Lace up your hiking boots and get ready to discover new trails! 🥾🌲 #OutdoorAdventure #NatureLovers

Stand out from the others! **Share videos featuring your YMCA's unique features**, such as outdoor recreation areas, art studios, or cooking classes.

☀️ Discover a healthier you at the YMCA! 🏋️ Join now and unlock a world of fitness, community, and support! #YMCA #HealthyLiving #FitnessGoals



Trivia Questions

Which city is home to the oldest tennis tournament in the world?

Answer: London (Wimbledon).

What dinosaur name means “fast thief”?

Answer: Velociraptor.

Who designed the 2024 United States Olympic uniforms?

Answer: Ralph Lauren. It’s his ninth time serving as the official outfitter for Team USA.

True or False? Alaska is both the western- and easternmost state in the U.S.

Answer: True. With its proximity to the North Pole and enormous land mass, Alaska is the state farthest to the west and to the east of the United States.

Which US state has the average hottest temperature?

A. California B. Texas C. Florida D. Arizona

Answer: Florida

What is the word for the scientific study of berries, such as blackberries and raspberries?

Answer: Batology

How old is the oldest mosquito fossil?

Answer: 79 million years old

Which country hosted the 2016 Summer Olympics?

Answer: Brazil

What is the most visited National Park in the United States?

Answer: The Grand Canyon

Inspiration

A single sunbeam is enough to drive away many shadows.

~ St. Francis of Assisi

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~ James Dent

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water or watching the clouds float across the sky, is hardly a waste of time.

~ John Lubbock

Dream it. Believe it. Achieve it.

“Failure isn’t diving on your face or hitting rock bottom. That is being human. You only fail when you decide not to try again.” ~ Kayla Itsines

“A healthy attitude is contagious but don’t wait to catch it from others.”

~ Tom Stoppard

Some of the best memories are made in flip flops.

~ Kellie Elmore

“Discipline is remembering what you want most. Not what you want now.”

~ Billy Blanks

“A fresh start isn’t a new place, it’s a new mindset.”

~ Erin Taylor, Health Coach

“The hard days are what make you stronger.” ~ Aly Raisman

If your YMCA is interested in a new website, contact Robbie.
He's here to help!



Robbie Dickerson

Accrisoft Account Manager

robbie.dickerson@accrisoft.com

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victory every month.

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Andrea Colón

ySocial Content Manager

andrea.colon@accrisoft.com