

March is **Women's History Month, Nutrition Month, Athletic Training Month, Multiple Sclerosis Awareness Month, Colorectal Cancer Awareness Month, and National Kidney Month**

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

March 10 - Daylight Savings

Are you team **#daylightsavings** or **#leavemyclockalone**? We love the extra hour of daylight!

March 14 - Pi Day

Why did Pi have its driver's license revoked? *It didn't know when to stop.* **Why should you never ask Pi for advice? It'll go on forever.** What is a mathematician's favorite reptile? A *pi-thon*.

March 17 - St. Patrick's Day

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go." 🍀 🌈 ❤️ Happy St. Patrick's Day!

March 20 - First Day of Spring

Wouldn't it be nice if the first day of spring was indeed the last day of winter? Don't fret. **Brighter days are ahead!**

March 25 - Earth Hour

Switch off and **Give an Hour for Earth** on Saturday, March 23rd, at 8:30 pm your local time. 🌍 🌱
Together, we can create the **#BiggestHourforEarth!**

March 31 - Easter Sunday

Happy Easter! 🐣 🐰 🏛️ **May you be surrounded by sunshine, flowers, chocolate, and family!**



Food & Beverage

What's in season? Artichokes, broccoli, Brussels sprouts, cauliflower, leeks, lettuce, mushrooms, parsnips, pineapples, citrus, radishes, rutabagas, and turnips.

Serve this [Sweet Pea Ricotta Dip](#) with veggies or pita for a light snack or an appetizer for Easter.

Grab your single-serve jars at the start of each week and layer them with yogurt, berries, and granola. **It makes for a super simple breakfast** on those busy weekday mornings!

We are small but mighty. A one-ounce serving contains 10 grams of fiber, and we're a plant-based complete protein rich in Omega-3 fatty acids. What are we? Answer: Chia seeds!

This nutritious spin on a beloved [Southern Favorite](#) is loaded with protein and fiber and features velvety faux grits crafted from cauliflower, making it satisfying and delicious.

Corned Beef and Cabbage is the perfect **St. Patty's dinner**. And, with only a handful of ingredients, this famous dish is made quickly with the help of your instant pot.

We can't stop drooling over these **ooey-goey vegetarian Broccoli Melts** that are surprisingly only 261 calories each.

Post for 3/26 - Spinach is one of the healthiest vegetables, and it's delicious to boot! Try this [Spinach & Feta Quiche](#) and celebrate this leafy green for **National Spinach Day**.

Spend more time with the family this Easter, and make this [Shredded Brussels Sprout Salad](#) before your guests arrive.

We've got your [spring recipe inspo right here!](#) Which ones do you have your eyes on?



Lifestyle

Spring is the perfect time for new beginnings. **What are you looking forward to this month?**

Capture the beauty around you. Grab your camera or smartphone and go on a photo adventure. Share the moments that inspire you, and let your creativity shine.

Post for 3/11, National Napping Day - Did you know **one of the most significant benefits of napping is it keeps your heart healthy?** People who nap reduce their risk of heart disease and heart-related death. That's why we ❤️ #NationalNappingDay!

Handwrite a note each week this month to a long-distance friend and let them know you're thinking of them. Bonus! They'll get something more interesting than bills in their mailbox.

Are you having a hard time sleeping? **Try eating a banana before bed.** They contain a powerful combination of vitamin B6, potassium, and magnesium, known for their roles in promoting better sleep. Zzzzzz.

What are some ways to engage in moderate-intensity exercise? Try biking 5 miles in 30 minutes, swimming laps for 20 minutes, or jumping rope for 15.

Trending: Popcorn Brain. What is it, and should you be worried? [Read more.](#)

Learn something new this month. How about sewing? You could make reusable bags just in time for Farmers' Market season, new drapes for your windows, or mend some clothes.

Trending: Fried Rice Syndrome. Avoid this sneaky food poisoning by keeping cooked rice or pasta in the fridge. [Read on about why it happens](#) and how to prevent yourself from getting sick.

 **"Minds are like flowers; they open only when the time is right."** ~ Stephen Richards



Community

*Post for 3/1 - **Happy Employee Appreciation Day!** How are some ways you know you are appreciated? Share them in the comments!*

Are you traveling for Spring break and leaving the pets behind? [Here are some tips to prep your pets for a home sitter.](#)

March 7 is National Slam the Scam Day. Help protect the people in your community by:

- Educating them about government imposter scams. Tell them they shouldn't be embarrassed to report if they shared personal information or suffered a financial loss. It is essential to file a report as quickly as possible.
 - Sharing the [Scam Alert](#) fact sheet and helping educate others about how to protect themselves.
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Love sports? Check with recreation programs, sports leagues, and other groups searching for coaches, managers, or organizers and volunteer your services.

*Post for 3/18 - Embrace sustainability and make eco-friendly choices. **Reduce, reuse, recycle,** and find creative ways to minimize your carbon footprint. Every small step counts!
#GlobalRecyclingDay*

If you want to start a community garden, now's the time to get planning! Decide what you'd like to grow where your garden will be, and even **begin planting some starter seeds indoors** so they're ready to transplant outside when the weather permits.

*Post for 3/23 - It's National Puppy Day! They're oh so cute and cuddly and keep us constantly exercising, which helps reduce stress, anxiety, and depression. Revamp your workout routine and **consider adopting a puppy today.***

As the weather starts to warm up, gather a group of friends, some gloves, and garbage bags, and head to a local park, beach, or other public area for a bit of spring cleaning!



Health

TRENDING: The Atlantic die. This cousin to the Mediterranean diet may help reduce chronic disease. What is it, and is it good for you? [Read on.](#)

EVOO is full of antioxidants and has anti-inflammatory properties, making it a fantastic choice for cooking. Check out these [six benefits](#) and how to **include this healthy fat in your diet.**

Healthy Tip: Cut vegetables into snackable slices and store them in the fridge at eye level. This will make choosing healthy options easier than ever!

The pot of gold at the end of the rainbow is incorporating a variety of colorful fruits and veggies in your diet. They provide essential vitamins and antioxidants for a healthier you! 🌈

#HealthyEating #NutritionFacts #EatTheRainbow

Trending: Edible Insects. Yes, you read that right. They're a good source of protein and fiber, but can you get past the ick factor?

Take advantage of citrus season with this **ruby-red beet and orange juice!** Juice 1 lemon + 6 oz of strawberries + 3 oranges + 2 beets.

Set an attainable goal for yourself. Instead of, "It's diet time!" Try: "**I can and will eat better.** I will explore healthy produce options and make at least two plant-based meals per week."

Snack healthy! Pull grapes off of the stem, put them in a covered container or bag, and store them in the freezer for a sweet, refreshing snack.

What are some **healthy fats** you should be eating? Walnuts, olives, avocados, canola oil, peanut butter, salmon, flaxseed, and almonds.



Parenting

We love this one! [Potted Paper Shamrock Plants](#). The perfect decor for your dining room table.

DYK, automobile accidents are the leading cause of death among 12- to 14-year-olds? Make sure they know the importance of buckling up!

From bunny ears to Washi tape eggs, these [38 fun Easter crafts](#) will keep the kiddos (and you) entertained this month.

Have an alternative Spring break. **Find a volunteer opportunity for the whole family**, such as cleaning up a local park or volunteering at a food bank.

We want to know! Kids can be picky eaters. What are some ways you sneak healthy ingredients into your kids' meals? Share in the comments below!

These easy and fun [Washi Tape Shamrock Suncatchers](#) are just what your kids need to make to **bring a little luck** into your house this spring.

Is it possible to have a screen-free road trip with your children? Absolutely! [Check out these fantastic ideas](#) that will keep them entertained for hours.

Communicate openly with your children. Knowing where your teen is and who they are with can give you the peace of mind you need when they leave the house.

This month, take some time to have fun and connect as a family. Make a birdfeeder, **bake a pie on Pi Day**, paint flower pots, go on a hike, or celebrate March Madness together.

Post for 3/7 - It's National Cereal Day. What's your kids' favorite and why? #NationalCerealDay



Membership

A new season means a new opportunity to **crush your goals!** Get to the Y today.

Have an Easter Basket Giveaway this month: "We're giving away an Easter basket filled with healthy snacks! Enter to win today."

Two words... **Summer Camps!** Start showcasing how much fun everyone had last year at Camp.

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

Join the YMCA and get access to a wide range of fitness equipment, including cardio machines, free weights, and more.

"Yoga is the journey of the self, through the self, to the self." ~ The Bhagavad Gita. **Start your yoga journey** at the YMCA today!

Do you like to dance? Try Zumba. Do you like being outside? Consider a soccer league. Do you like being stress-free? Join us for yoga!

Building strong families, one membership at a time. ❤️ **Join the YMCA and create lasting memories with your loved ones.** #YMCA #FamilyMembership #LoveAndTogetherness

Video post idea: Record interviews with current YMCA members, sharing their experiences and the positive impact the organization has had on their lives.

Pedal your way to a stronger heart and mind! ❤️🧠 With our cycling classes, you'll find motivation, energy, and a fantastic workout. **Join the YMCA today!**



Trivia Questions

Where does the name cereal come from?

Answer: Cereal originates from Ceres, the Roman goddess of harvest and agriculture.

In what year did Clarence Birdseye create flash freezing?

Answer: 1924

True or false - a hot pepper has more vitamin C than an orange?

Answer: True

What is the world's largest island?

Answer: Greenland.

Surprisingly, 7 out of 10 people find this relaxing and peaceful. What is it?

Answer: Their commute to work!

Fact or fiction? Most people have four to six dreams per night.

Answer: Fact

About how many chocolate bunnies are produced each year?

Answer: 90 million

What does "Erin go bragh" mean?

Answer: Ireland forever

Easter Island is part of which country?

Answer: Chile

Inspiration

It's a lifestyle. Train like there's no finish line.

"Be where your feet are." ~ Anonymous

"It takes a dream to get started, desire to keep going, and determination to finish."
~ Eddie Harris, Jr.

"A good friend is like a four-leaf clover – hard to find, lucky to have." ~ Irish Proverb

"The Great Gift of Easter is Hope." ~ Basil C. Hume

I am what I am today because of the choices I made yesterday.

"I have not failed, I have just found 10,000 ways that won't work." ~ Thomas Edison

Sore? Tired? Out of Breath? Then it's Working!

"Spring is when you feel like whistling, even with a shoe full of slush." ~ Doug Larson

"Easter is the only time when it's perfectly safe to put all of your eggs in one basket."
~ Evan Esar

Exercise equals endorphins. And endorphins make you happy!

FACT: Thinking about working out burns approximately zero calories per hour.