

**May is Skin Cancer Awareness Month, Wildfire Awareness Month, Stroke Awareness Month, Mental Health Awareness Month, Bike Month, and Physical Fitness and Sports Month**

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

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## **May 4 - National Fitness Day**

Happy National Fitness Day! **Celebrate the joy of movement.** Whether it's a brisk walk, a dance party, or hitting the gym, let's make today all about feeling strong and energized!

## **May 5 - Cinco de Mayo**

**Burn those tacos and margaritas off** with a high-energy session at the Y that's sure to spice up your day! 🌮🍹 #CincoDeMayo #FiestaFit

## **May 6 - Nurse's Day & Teacher's Day**

Big shoutout to all the amazing nurses and teachers out there! Your dedication, compassion, and hard work make the world a better place. Thank you for all that you do! 🌟 #Nurses #Teachers #Gratitude

## **May 12 - Mother's Day**

🌸 Today, we honor the strength, love, and spirit of mothers and mother figures in our community. Your unwavering dedication shapes the hearts and minds of generations.

## **May 12 - Armed Forces Day**

Saluting our brave men and women in uniform this Armed Forces Day. Your sacrifice and dedication ensure our safety and freedom. **Thank you for your service!** 🇺🇸

## **May 27 - Memorial Day**

🇺🇸 Join us in honoring the courageous men and women who gave their lives in service to our nation. Their sacrifice is the foundation of our freedom. #MemorialDay #YMCAHonor #Bravery #Remembrance



# Food & Beverage

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

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Mushrooms are a great source of vitamins and minerals. Add them to [omelets](#), salads, or stir-fries for an extra nutritional boost.

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**May 11 is National Eat What You Want Day** - Whether you love donuts or fast food, today is your day to indulge without feeling guilty. (Just be sure to head to the Y in the morning!)

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Fire up the grill and fall in love with this lean protein that's incredibly delicious and low in fat! These [Lemon Garlic Shrimp Skewers](#) are guaranteed to be a new family favorite.

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**What's for lunch?** Toss baby spinach with sliced strawberries, toasted almonds, and crumbled feta cheese. Then, drizzle with balsamic vinaigrette for a light and refreshing meal.

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May 16th is the day we honor the delicious tradition of cooking over an open flame. **What's on your grill for #NationalBarbecueDay?** How about this [Balsamic Grilled Chicken?](#)

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Minimal prep and healthy ingredients make this a must-have for May – [Sheet-Pan Honey Tahini Salmon with Couscous and Chickpeas](#).

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Fondue is back! Its ooey-goey goodness is full of flavor and fellowship. Add healthy options to your pot with grilled or roasted mushrooms, sweet potatoes, bell peppers, and broccoli.

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This is a no-fuss dinner idea: Grill salmon filets and top them with salsa made from diced strawberries, avocado, red onion, jalapeño, cilantro, lime juice, salt, and pepper. **Serve with a side of grilled asparagus or a mixed green salad.**

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Make hydration fun with these [creative infused water recipes](#). #HydrationStation



# Lifestyle

It's the perfect time to create or refresh your [emergency kit](#). Include non-perishable food, water, a flashlight, batteries, a battery-powered radio, a first aid kit, and necessary medications.

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**Where is your outdoor oasis?** Show us your favorite spot in nature for relaxation or adventure!

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It's Skin Cancer Awareness Month. Using sunscreen, wearing protective clothing, and seeking shade can prevent sunburn and reduce the risk of skin cancer, including melanoma.

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Did you know heart disease, including coronary artery disease and stroke, remains the leading cause of death globally? **Choose a heart-healthy lifestyle during Stroke Awareness Month.**

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**Put down those devices!** Excessive screen time from smartphones and computers can negatively impact sleep quality, mental health, and physical well-being.

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Do you forget to turn off certain electronics when you're away? Use smart outlets to turn them off from afar, set them on a schedule, and save money!

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*Post for May 17 - **Today is National Pizza Party Day!** Celebrate by ordering your favorite pies from your favorite pizza parlor.*

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Start your day with gratitude and positivity! Take a moment to appreciate the small joys in life and set the tone for a wonderful day ahead. #GratefulHeart #PositiveVibes

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*Post for May 29 - 🌟**Happy Senior Health & Fitness Day!** Did you know that exercise can help manage arthritis pain by strengthening muscles around the joints? Keep moving and stay flexible! 💪 #SeniorWellness #ArthritisRelief*

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**Evening unwind:** Share your favorite way to relax and unwind after a busy day!



# Community

Spring can bring severe weather events like floods, tornadoes, and hurricanes. Did you know you can volunteer with disaster preparedness and response organizations to help plan, train, and assist affected communities?

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**May 16 is Do Something Good for Your Neighbor Day.** Here are some ideas: Bake them cookies, babysit their children, help elderly neighbors with groceries, give them fresh-cut flowers, or take their dog for a walk.

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It's a great time to think about joining hands with housing organizations to construct affordable homes for those in need. #HousingForAll #CommunitySupport #HomeBuilding

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Assist with outdoor recreation programs for youth or individuals with disabilities. Activities such as hiking, camping, fishing, and nature walks can benefit from volunteers who provide guidance, supervision, and support.

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**Help protect our planet!** 🌍❤️ Participate in eco-friendly initiatives such as recycling drives or beach cleanups to preserve Mother Earth for future generations. #EnvironmentalResponsibility #Sustainability #GoGreen

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Support the Y and volunteer at summer camp! *(add your link to resources for volunteers)*

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Offer your time to help set up, organize, and manage farmer's markets in your area. Volunteers can assist vendors, greet customers, and ensure the smooth operation of the market, supporting local farmers and producers.

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Host a donation drive to **collect summer essentials like sunscreen, hats, bottled water,** or summer clothing for organizations that support needy individuals.

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"Volunteers do not necessarily have the time; they just have the heart." ~ Elizabeth Andrew



# Health

**It's beginning to look a lot like Summer!** Hop on your bike and embark on a cycling adventure. Explore new trails, enjoy the breeze, and discover the beauty of your surroundings.

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*Debunk this myth:* Crunches are the best way to get six-pack abs. Debunked: While crunches can strengthen abdominal muscles, visible abs are achieved through diet, overall fat loss, and full-body exercises targeting core muscles.

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Rise and shine! **Kickstart your day with this quick routine:** 30-second Jumping Jacks, Squats, Push-Ups, planks, and High Knees. Repeat twice for a morning energy surge!

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What are some ways to engage in moderate-intensity exercise? **Run one and a half miles in 15 minutes**, do water aerobics for 30 minutes, or garden for 30 to 45 minutes.

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Gather 'round the table! **Eating dinner together is good for your health.**

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**Sunny vibes are here!** Don't forget the sunscreen. Apply 1 ounce or a golf-ball size amount in every application. #SkinCancerAwareness

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When summer adventures are in full swing, unexpected detours and surprises can throw off our plans, leaving us reaching for (gasp) fast food! But you can make healthier choices. [Read on.](#)

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Are you hiking in a wooded area, the forest's edge, or tall grass? **Stay tick-safe!** Wear light colors, long pants, and closed-toed shoes. Tuck your pants into your socks and your shirt into your pants.

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Fact: Exercise boosts cognitive function and can enhance productivity, creativity, and focus throughout the day. Why not **squeeze in a workout before tackling your to-do list?**  
#ExerciseForProductivity #BrainBoost #WorkoutFirst



# Parenting

**Star Wars Day is May 4th.** Celebrate with your family by having a Star Wars movie marathon or dressing up as your favorite characters.

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*Post for May 10* - 🎮 Pause the game, drop the phone, and turn your chaos into coolness. 🧹➡️😎 Today's mission: Transform your lair from messy to mega-awesome! Why? Because it's National Clean Up Your Room Day!

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Go homemade for Mom this year. **Check out these free printable [Mother's Day Cards](#)** for all the extraordinary ladies in your life!

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**Build a bee habitat** — Plant flowers that attract pollinators and encourage bees to make themselves at home. The best plants are available [here](#).

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Good sleep is important for your child's health. Ensure your preschooler gets the recommended 10-13 hours per 24 hours, including naps. #healthysleephabits #parentingtips

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**You'll find plenty of handmade gifts for Mom [right here!](#)** #MothersDay #HandmadeGifts

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Strap on your helmet, lace up your shoes, and get ready to pedal! **[National Bike & Roll to School Day](#)** is May 8th. #BikeToSchool #ActiveCommuting #HealthyHabits

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Protecting your child doesn't stop at a certain age. **[Consider these tips](#)** to keep your teen safe and thriving this summer.

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*Post for May 24* - Get the kids outside and **celebrate National Scavenger Hunt Day!** Bonus! Here's a couple of [printable freebies](#).

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DYK that martial arts such as karate, judo, and taekwondo are great ways for children to develop strength, flexibility, and discipline? Find a program or class at the Y today!



# Membership

*Post for any Sunday - **Self-care Sunday:** Share your favorite ways to unwind and recharge!*

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Ready to challenge yourself? Try out our group fitness classes at the YMCA and push your limits! 🏋️ #FitnessGoals #YMCACommunity

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May 18 is Learn to Swim Day. **There's no better place to dive in than the Y!**

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It's Flashback Friday at the YMCA! Whether you crushed a tough workout, achieved your personal best, or shared laughs with buddies, every moment spent on your fitness journey is worth celebrating. **Share your favorite fitness flashback in the comments below!** #FitnessFriday #FlashbackFriday #YMCAFitness

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Create an "Ask the Expert Video" and have your YMCA Nutritionist answer the following question: "What are some healthy ingredients I can add to my smoothies?"

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**Family time + Fitness time = YMCA time!** Bring the whole crew and enjoy a day of healthy activities together. #FamilyFitness #ActiveFamily

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🎵 Pump Up the Jams! What music gets you moving during a workout? High-energy pop? Motivating rock? Drop your favorite tunes in the comments, and let's create the ultimate playlist!

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**Video is King!** Upload a video demonstrating a particular exercise and its benefits.

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No excuses! We offer child care so you can hit the gym without finding a babysitter.

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Traveling? No Problem! ✈️ Your YMCA membership travels with you nationwide. **That's just one of the many perks of joining the Y!**



# Trivia Questions

What Greek Goddess is the goddess of spring and growth?

**Answer:** Maia.

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Question: 2% of Americans say they have never eaten this. What is it?

**Answer:** A taco!

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What spring flower is more nutritious than most vegetables in your garden?

**Answer:** [Dandelions!](#)

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Fact or Fiction - It takes 90 days for water to travel the entire length of the Mississippi River?

**Answer:** True!

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What do you call the smell of rain typically associated with springtime?

**Answer:** Petrichor

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Fact or Fiction? Doritos Chips are flammable?

**Answer:** Fact! The oil and seasonings on the chips can produce a long-lasting fire.

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How many eyes can butterflies have?

**Answer:** Up to 17,000. (*We want to know who counted these!*)

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How many slices of pizza do Americans eat per second?

**Answer:** 350 slices!

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In 1960, which president wrote an article for Sports Illustrated (entitled "The Soft American") and created fitness councils to develop physical education curricula for schools?

**Answer:** John F. Kennedy

# Inspiration

**"The Earth has music for those who listen."** ~ William Shakespeare

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"Life isn't finding shelter in the storm. It's about learning to dance in the rain." ~ Sherrilyn Kenyon

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"Your path isn't always a straight line." ~ Retired NASA astronaut Peggy Whitson

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**The only way to define your limits is by going beyond them.**

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"If you look the right way, you can see that the whole world is a garden."  
~ Frances Hodgson Burnett

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"If we could see the miracle of a single flower clearly our whole life would change." ~ Buddha

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**A friendly reminder... you are what you eat.**

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"Where flowers bloom so does hope." ~ Lady Bird Johnson

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#MondayMotivation - I can. I will. End of Story.

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"I am the master of my fate: I am the captain of my soul." ~ William Ernest Henley

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"I never dreamed about success. I worked for it." ~ Estee Lauder

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"You must do the things you think you cannot do." ~ Eleanor Roosevelt

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**"Try to be a rainbow in someone else's cloud."** ~ Maya Angelou

