

ySOCIAL

YMCA SOCIAL MEDIA SOLUTIONS

OCTOBER 2024

October is **Breast Cancer Awareness, National Sudden Cardiac Arrest Awareness, and Domestic Violence Awareness Month**

You'll find the best resources by clicking the names above.

October 6 - National Coaches Day

Happy National Coaches Day! 🙌 **Share a shout-out to your favorite coach** in the comments below or tag them to show appreciation! 🙌👏 Thank you, coaches, for being the heart and soul of our YMCA family! ❤️ #NationalCoachesDay #ThankYouCoaches #YMCAStrong

October 10 - World Mental Health Day

What simple daily activity can improve mental health and reduce stress? **A 30-minute walk!**

October 16 - Restart a Heart Day

Be a hero! Knowing CPR and using an AED can double or triple a person's chance of survival. Are you prepared? 🧡 #BePrepared #SCAAwareness #YMCA

October 19 - Sweetest Day

💖💕💕 Happy Sweetest Day! At the Y, we believe that a bit of kindness goes a long way. **Tag someone who makes your life sweeter**, and share how they inspire you! Whether it's a friend, family member, or someone special, today is all about spreading love and kindness to those who make our lives sweeter!

October 31 - Halloween

🎃🕷️👻 Trick or treat, bag of sweets, ghosts are walking down the street; it's Halloween! While the treats are tempting, let's not forget about staying healthy. **Enjoy a few treats, but don't let candy be the main course!** #HealthyHalloween #HalloweenAtTheY #YMCAFamily



Food & Beverage

What's in season? Lots of Fall flavors! Pears, apples, plums, figs, pumpkins, grapes, winter squash, brussels sprouts, leeks, cauliflower, broccoli, sweet potatoes, potatoes, and lettuce.

*Post for 10/4 – **Happy National Taco Day, Y family!*** 🌮 After your workout, treat yourself to a [delicious taco or two!](#) #NationalTacoDay #YMCA #HealthyBalance #TacoTuesdayAnyDay

Looking for a healthy fall breakfast to warm you up? 🍎 Try this delicious [Apple Cinnamon Overnight Oats recipe](#). Perfect for busy mornings. 🥄

This is one scary good recipe - [Pumpkin Pancakes](#). Healthy flapjacks for the win!

October is Vegetarian Month. Try this one-pot hearty [vegan chili](#) for dinner. It won't disappoint!

Get festive with your meals! 🥕🍁 Check out this [Roasted Root Veggie Salad](#) that's perfect as a side dish for any autumn gathering.

*Post for 10/14 – 🍰🍫 **Happy National Dessert Day, Y members!*** 🍪🍦 After a great workout, you've earned a treat. After all, life's about balance, so today, celebrate with dessert! What's your favorite go-to treat? #NationalDessertDay #TreatYourself #YMCA #LifelsSweet

What's for supper? How about a comforting bowl of [Chicken Noodle Soup with Root Veggies?](#)

Post for 10/17 – Happy National Pasta Day! Whether you're enjoying a spaghetti dinner or a cozy bowl of mac & cheese, don't forget to stay active and balanced. #NationalPastaDay

Healthy Pumpkin Energy Bites are great for pre-workout fuel. Best of all, no baking is required!

Lifestyle

Spooky season is here! 🎃👻 **What songs are on your favorite Halloween workout playlist?**
Drop your wicked good beats in the comments.

🍁 Cooler mornings mean tighter muscles. What's your favorite post-workout stretch?

October is Car Care Month and the perfect time to assess any wear and tear from the past months and get your vehicle ready for winter. Don't forget to check the [emergency kit!](#)

Family fun alert! 🍂 What outdoor activities are you enjoying with your family this season?

Enjoy autumn without worry! Check out these [9 Fall Health Tips to ease your woes.](#)

October challenge: Take a walk in the crisp fall air. 🍁 How many steps can you get in today?
Share your progress and photos of your walk in the comments below.

💃 Dance like nobody's watching! Whether in your room's privacy or a dance class, **let the music guide your movements and experience the joy of self-expression.** #MoveYourBody
#DanceLikeNoOnesWatching

Friendly reminder: Now is the time to plant those spring bulbs. Get the kids involved, too. They love playing in the dirt! #SpringFever

🧖 Practice self-care rituals that rejuvenate your body and mind. Treat yourself to a spa day at home, indulge in a bubble bath, or simply curl up with a good book. #SelfCareRoutine
#PamperYourself

Sudden Cardiac Arrest can happen to anyone, anywhere. [Learn how to keep your heart healthy this October.](#) ❤️ #SCAAwareness #YMCA

Community

Post for 10/12 – It's National Farmers Day. 🥕🍅🥕 **Support local farms by shopping fresh this week!** And be sure to thank them for all their hard work. #NationalFarmersDay #SupportLocal #HealthyLiving #CommunityStrong #YMCA

Post for 10/27 – **It's National Black Cat Day!** 🐾💕🐈 Today, we celebrate our furry friends who bring so much joy and companionship into our lives. But did you know black cats have the lowest adoption rate of any cat? Consider [adopting a black cat](#) today.

Looking for ways to give back to our community this fall? Consider:

- Volunteering in neighborhood cleanups
 - Helping your older neighbors with their yard work
 - Tutoring a student in need
 - Learning CPR
 - Donating to a food pantry
-

👻🦇🕷️🕸️🐈🎃👤 **Have a Safe and Healthy Halloween!**

- Stay home if you're sick
 - Decorate costumes with reflective tape
 - Carry glow sticks or flashlights
 - Make sure your costume fits to prevent falls
 - Drive extra safely on Trick-or-Treat night
 - Throw away any suspicious-looking candy
-

Host a Halloween Costume Swap in early October - Donate gently used costumes and assist with the swap event. Help local families celebrate Halloween without the financial burden.

Post for 10/29 - 🎉🐈 Here's something to meow about... **It's National Cat Day!** Show your kitty some extra love with a new toy or treat. And don't forget to share your favorite cat moments with us in the comments below! Let's spread the purrs and celebrate the love for cats!



Health

Smoothly of the month - Cranapple! Blend 1 frozen chopped apple + 3/4 cup apple cider + 1/2 cup frozen cranberries + 2 tablespoons apple butter + 2 teaspoons honey + 3-5 ice cubes.

Head to the orchard! **Apples are good to the very core!** 🍏🍏 They can lower the risk of cardiovascular disease and type 2 diabetes and are also high in phloretin, a potential anti-cancer compound. #HeartHealth #apple

Know the Signs, Save a Life! October is National Sudden Cardiac Arrest Awareness Month. Learn how to [recognize the symptoms](#) and act fast. 🕒 #SCAAwareness #YMCA

Take a jumping jack break! Just 1-2 minutes can get your heart pumping. 🏃 #ExerciseSnacks #QuickFitness #YMCA

Calling all families! Challenge yourselves to get active together this weekend. Whether it's a bike ride, a hike, or a game of backyard soccer, spending quality time together while **staying active strengthens bonds and promotes healthy habits** for the whole family.

Myth Debunked! Avoiding carbohydrates is necessary for weight loss. **Truth:** Carbohydrates are a vital energy source, especially for those with an active lifestyle. Choose complex carbs like whole grains, fruits, and vegetables to maintain steady energy and support overall health.

Need to improve your sleep quality? **Develop a bedtime routine.** Try relaxing activities like reading or gentle stretches to prepare your body and mind for a restful night. 📖🌙 #SleepWell #BedtimeRoutine #SweetDreams

Munch on [something healthy](#) during your game-day party with a tasty and nutritious recipe from Better Homes and Gardens.

Enjoy the night air and do a little stargazing. The cooler temperatures allow for clearer nights.

Parenting

Post before 10/9 – Walking to school is an excellent way for kids (and parents!) to start the day energized and focused. Encourage your kids to lace up those sneakers and hit the sidewalks on **October 10 for Walk to School Day**.

Family Fall Fun: Gather around the fire pit and tell your best **ghost stories!** 🎃👻

Craving a healthy after-school snack? Cut an apple into wedges, spread with peanut butter, and press into granola. #afterschoolsnacking #healthychoices

October is National Fire Prevention Month, and the perfect time to teach our little ones about fire safety. Show them how to stop, drop, and roll, and remind them never to play with matches. Let's keep our kids safe and informed! 🏠❤️ #FirePreventionMonth

If your kids are more into cute ghosts than spooky ones, **this craft is for them!**

Post for 10/26 – **It's National Pumpkin Day** - What better way to celebrate than entertaining the kids with a [super cute pumpkin craft](#).

This is the month for a scary movie marathon! 🎃🕷️👻 Make brownies or cookies, pop some corn, and pick some flicks that won't have everyone running for cover.

Game Night Tip: Some games, like Mysterium, have a companion soundtrack you can find online that helps set the mood and get folks immersed. If your game doesn't have a soundtrack, find a fitting playlist, or just go with gentle instrumental music or a movie soundtrack.

🎃👻 **Bring your little monsters to the Y** this Halloween for fun games and spooky surprises!

Grab your crayons or colored pencils and get to work on these [Fall coloring pages](#).



Membership

It's never too late to start! 🍂 Sign up for our fall programs and classes today!

🏠 How do you like to spend your rest day? Catching up on sleep, reading or watching movies, going for a light walk, doing gentle stretching or yoga? Let's find out the most popular way to recharge! Share in the comments.

Did you know that regular physical activity can help manage stress and boost your mood? **Prioritize self-care and well-being this month!** 🧘💪 #WellnessWednesday #StressRelief

Ready to tackle those fitness goals before the holidays hit? 🎯 **We've got the classes to help!**
(Link to your class schedule)

Fall into fitness! 🍁 Join us for fun workouts that will keep you moving all season long!

Kids' sports are back in action 🏀. Register now and keep them **active and engaged this Fall!**
(Link to sports schedule or registration page)

Who's ready for some spooky fitness fun? We are! **Trick or treat yourself to a workout** at the Y this Halloween! 🎃👟

Want to feel more energized and confident? Join our YMCA community and discover the power of regular exercise! #EnergizeYourLife #YMCACommunity

It's a BOO-tiful day for a workout! 🧛🎃 **Join us for a fun Halloween session at the Y!**

Looking for fun fall activities for your little ones? 🧒 Check out our youth programs today!
(Link to your youth programs page)



Trivia Questions

True or False: Lifting weights can help burn more calories even when you're not working out.

Answer: True! Building muscle boosts your metabolism.

What fall fruit is known as a "superfood" due to its high nutrient content?

Answer: Pomegranate

What is the top-selling grocery item in the US?

A. Milk B. Eggs C. Bananas D. Bottled water

Answer: Bananas

How many inches is the leg span of a Goliath bird-eating tarantula?

Answer: 11 inches! Who else is freaking out right now?

What is said to help keep evil spirits out of your house on Halloween?

Answer: Sprinkling salt on your doorstep

Who wrote the classic horror novel Dracula?

Answer: Bram Stoker. Fun Fact: he's from Ireland.

How many calories does the average person burn by raking leaves for one hour?

Answer: Approximately 300-400 calories!

Transylvania is commonly associated with Dracula. Where is this city located?

Answer: Romania

How many gallons of blood does the heart pump a day?

Answer: The average heart pumps 2,000 gallons of blood per day!

Inspiration

“Only those who will risk going too far can possibly find out how far one can go.” ~ T.S. Elliot

Finish the sentence: “The best Fall day ends with...”

Werewolves howl. Phantoms prowl. **Halloween's upon us now.** ~ Richelle E. Goodrich

“Working hard for something we don't care about is called stress; **working hard for something we love is called passion.**” ~ Simon Sinek

“Your body can stand almost anything. It's your mind that you have to convince.”

“Keep your eyes on the stars, and your feet on the ground.” ~ Theodore Roosevelt

It's as much fun to scare as to be scared. ~ Vincent Price

“Life starts all over again when it gets crisp in the fall.” ~ F. Scott Fitzgerald

“A person should always choose a costume which is in direct contrast to her own personality.”
~ Lucy Van Pelt, “It's the Great Pumpkin, Charlie Brown”

“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.” ~ John Sinor

“When black cats prowl and pumpkins gleam, **may luck be yours on Halloween!**”

“There is magic in the night when pumpkins glow by moonlight.” ~ Unknown

**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

[Book a Meeting](#)

**Be social with your work friends and get them on the fast track
to victory every month.**

Send them here >> [Join ySocial](#). They'll thank you!



Andrea Colón

ySocial Content Manager

andrea.colon@accrisoft.com