



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH BOROUGHS YMCA**

**WE'RE ALL INCLUSIVE**  
For a healthier you.



**JANUARY**  
- 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 FIRST DAY OPEN HOUSE</b> 10:00a.m.-2:00p.m. Free shirts for first through the door. Bring a friend!	<b>2</b> 			
			<b>ARE YOU ALL IN?</b> Join us January 1st and start your year off right!			
<b>6</b>	<b>7 FREE Y-FIT SMALL GROUP</b> 9:00a.m. Avonworth Fieldhouse Contact <a href="mailto:jchiarizio@ymcapgh.org">jchiarizio@ymcapgh.org</a>	<b>8</b> 	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14 2019 SUMMER DAY CAMP KICK OFF AT THE Y!</b> Register at <a href="http://ycamps.org">ycamps.org</a>	<b>15 FREE Y-FIT SMALL GROUP</b> 9:00a.m. Avonworth Fieldhouse Contact <a href="mailto:jchiarizio@ymcapgh.org">jchiarizio@ymcapgh.org</a>	<b>16</b>	<b>17</b>		
<b>20</b>	<b>21 WEIGHT LOSS CHALLENGE KICK OFF</b> 8-week weight loss challenge, details at front desk	<b>22</b>	<b>23</b>	<b>24 FREE Y-FIT SMALL GROUP</b> 9:00a.m. Avonworth Fieldhouse Contact <a href="mailto:jchiarizio@ymcapgh.org">jchiarizio@ymcapgh.org</a>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31 OPEN SWIM</b> 7:00-8:00p.m. at North Gate Highschool. Come join us for an open swim at the North Gate Highschool.		
<b>Start your Healthy Living Journey</b> As a member of the Y, our staff will help you every step of the way along your Wellness Journey. In fact, you have a complimentary 30-minute Wellness Consultation with one of our certified trainers to understand how to reach your healthy living goals. <b>Schedule yours today at the Welcome Center.</b>						

North Boroughs YMCA  
629 Lincoln Avenue  
Pittsburgh, PA 15202  
412 761 1227



2019 SUMMER DAY CAMP

# BEST. SUMMER. EVER.



Day camp can offer almost all of the benefits of traditional camp such as, skill building, a sense of community and lasting friendships - in rural and urban settings while allowing campers to return home each afternoon.

The YMCA of Greater Pittsburgh offers more than 30 day camp locations for elementary school children, and some have offerings for pre-schoolers and teens.

Registration opens January 14th at [yccamps.org](http://yccamps.org). Register by January 31st and save 10% on every week of camp.



## EXERCISE OF THE MONTH

**Purpose:** Shoulders, deltoids, stabilizers

**Exercise:** Lateral Raise/Press

### Step 1

Stand with your feet shoulder width apart and your knees slightly bent. With your palms facing each other, let your arms hang in front of your thighs with a dumbbell in each hand.

### Step 2

With your elbows slightly bent, lift your arms out to the sides of your body until your arms are at shoulder height. When you reach the top position the arms and body should resemble the letter T.

### Step 3

Bend your elbows in bringing the dumbbells to the sides of your shoulders and press overhead.

### Step 4

Bring back to shoulder position and bend your elbows so you are back in T position. Lower to your side. Repeat



## RECIPE CARD

### Crockpot Stew

#### INGREDIENTS

- 1 medium onion — finely chopped
- 2 cups carrots — cut into bite-sized pieces
- 2 celery ribs — chopped
- 2 medium red potatoes - cut into bite-sized pieces
- 2 turnips — cut into bite-sized pieces
- 1 parsnip — cut into bite-sized into pieces
- ½ cup tomato paste
- 4 cups beef broth — Whole30 friendly beef broth
- 1 teaspoon dried thyme
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- 3 dried bay leaves
- 2 pounds beef stew meat cut into small pieces
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp olive oil
- 2-3 cloves of garlic
- 1 tbsp fresh parsley



#### INSTRUCTIONS:

- Place stew meat a 1tsp. Oil in pan and brown over medium heat.
- Place all ingredients including stew meat in a crockpot on low for 4 hours.
- Enjoy!