





NORTH BOROUGHS YMCA

YMONDAY MADNESS IN MARCH

MARCH - 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start your Healthy Living Journey 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. Schedule yours today at the Welcome Center.					1	2  READ ACROSS AMERICA DAY
3  2019 SUMMER DAY CAMP BEST. SUMMER. EVER.	4 SUMMER DAY CAMPS AT THE Y Camping, like any Y program, is about learning skills, developing character and making friends. Y campers stretch themselves physically and creatively with a fun new theme every week! Register your child today at ycamps.org	5	6 Push Up Clinic and Challenge 2:00p.m. Learn how to properly perform a push-up and try out our challenge to see how many push-ups you can complete	7	8	9
10	11	12	13 Boys on the Right Track Start - 6:00p.m. running program for boys age 8-13. Non-competitive. Contact jchiarizio@ymcapgh.org for details	14	15	16
17 HAPPY ST. PATRICK'S DAY YOUR LUCKY WORKOUT Complete our St Patrick's Day workout challenge and get a free 30 min personal training session	18 St. Patrick's Day Celebration Wear green to your workout and bring a guest for a fun day at the Y!	19  TOURNAMENT BEGINS Enter the bracket challenge to win a free month of membership!	20 Try samples of our recipe of the month: Green Smoothies!	21	22 OPEN HOUSE 5:30-7:30p.m. Enjoy special offers from the Y!  ALERT! DAY	23
24 12th ANNUAL NORTH BOROUGH'S YMCA 5K Saturday, July 20, 2019 1 Mile Fun Walk 8:00am 5K Run 8:15am	25	26	27	28  JOIN OUR TEAM pittsburghymca.org/careers	29	30



Healthy Kids Day®

**AWAKEN
SUMMER
IMAGINATION!**
Saturday April 27

**Free & open
to the public!**

NATIONAL
SPONSOR

Howard Johnson
BY WYNDHAM

NATIONAL NUTRITION MONTH



National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Look for healthy recipes and nutrition tips all month long in your email and at the Welcome Center!

TABBOULEH STUFFED PEPPERS

INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2/3 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (or 2 tablespoons dried)
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon hot sauce (or more if you like)
- 1 pound fresh sweet mini peppers

DIRECTIONS

- 1 Place bulgur in a 4 cup bowl and pour water over top; cover bowl and let stand for about an hour.
- 2 Whisk together olive oil, lemon juice, garlic, salt, coriander, cumin, parsley, mint and hot sauce; pour over bulgur.
- 3 Rinse peppers, cut in half lengthwise and remove seeds and stems. Fill pepper halves with tabbouleh.
- 4 These can be made a day ahead, covered and chilled.

