

YMC at U.S. STEEL TOWER

**YMONDAY
 MADNESS
 IN MARCH**

**MARCH
 - 2019 -**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>					<p>1 Lazyman Triathlon Enrollment Continues Register online or at the front desk for the Lazyman Triathlon. Cost is \$10</p>	<p>2 READ ACROSS AMERICA DAY</p> 
<p>4 Free Vertical Jump Challenge, & Fruit Health Water Demo</p>	<p>5</p>	<p>6  2019 SUMMER DAY CAMP BEST. SUMMER. EVER.  </p>	<p>7 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</p>	<p>8</p>	<p>9</p>	
<p>11 Free Pull Up Challenge, & Healthy Tabbouleh recipe tasting</p>	<p>12 Demo Heather's Kickboxing class & bring a friend 5:15-6:00p.m. Pre-Register on the Mind Body App</p>	<p>13 Marathon Registration Continues RUN for the Steel Tower Y and raise funds that will go towards supporting our Annual Campaign.</p>	<p>14 March Madness Tourney enrollment Who is your team? Fill out your bracket and see how you rank! See the Welcome Center for enrollment details and winnings.</p>	<p>15</p>	<p>16</p>	
<p>17 HAPPY ST. PATRICK'S DAY SELECTION SUNDAY Register your bracket with the Y. Visit the Welcome Center for Details.</p>	<p>18 Free Squat Challenge, & healthy snack tasting. Wear GREEN to celebrate St. Patrick's Day!</p>	<p>19  TOURNAMENT BEGINS Enter the bracket challenge to win a free month of membership!</p>	<p>20 Share the Love of Yoga & bring a friend 4:30-5:30p.m. Pre-Register on the Mind Body App</p>	<p>21</p>	<p>22 Demo Rachel's Bootcamp class & bring a friend 11:30a.m.-12:15p.m. Pre-Register on the Mind Body App  ALERT! DAY</p>	<p>23</p>
<p>24</p>	<p>25 OPEN HOUSE 11:00a.m.-2:00p.m. Enjoy our free running clinic and health water demo + Special offers.</p>	<p>26 Try out our Les Mills BodyPump Class w/ April 6:00-6:45a.m. Pre-Register on the Mind Body App</p>	<p>27</p>	<p>28  JOIN OUR TEAM pittsburghymca.org/careers</p>	<p>29</p>	<p>30</p>



Healthy Kids Day®

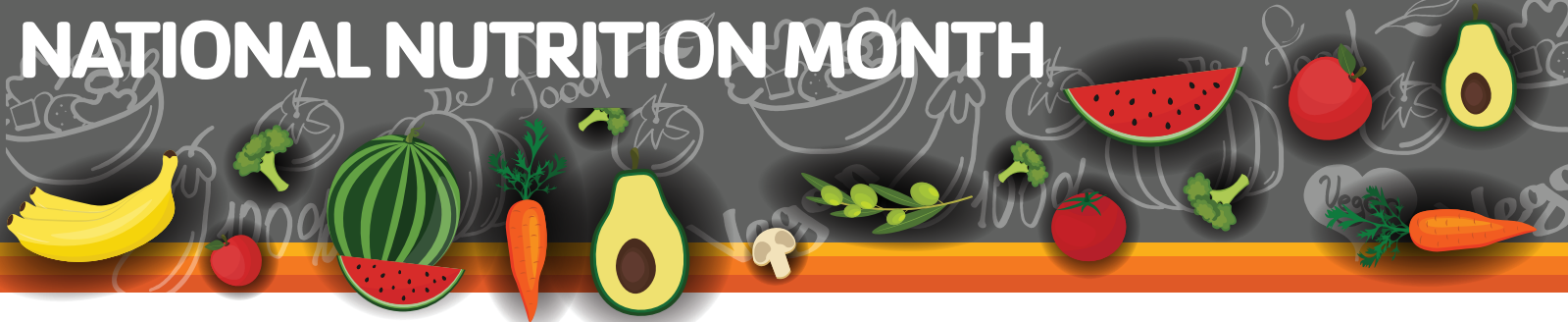
**AWAKEN
SUMMER
IMAGINATION!**
Saturday April 27

Free & open
to the public!

NATIONAL
SPONSOR



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.

