

STRESSLESS

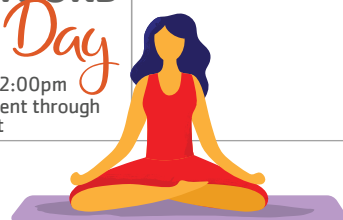
AUGUST 2019

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		SCHOOL SUPPLY DRIVE AUGUST 1st-30th Bring your donation of new unopened school supplies to any YMCA of Greater Pittsburgh location.		1	2	3
4 INSTRUCTOR GUIDED MEDITATION Aerobic Studio 2 12:15-12:45pm	5 VINYASA YOGA Kathy P. Aerobic Studio 1 8:00am - 9:00am	6  PREPARE THEM FOR SUCCESS	7 COMMUNITY OPEN HOUSE 5:00pm-7:00pm Join us for free chair massages, BMI/BP/BF screenings, cucumber water and more!	8 YOGA - BEGINNER Gretchen D. Aerobic Studio 2 1:30pm - 2:30pm	9	10 YOGA - FAMILY Rotating Instructor Aerobic Studio 2 11:15am - 12:15pm
11 YOGA - FAMILY Rotating Instructor Aerobic Studio 2 11:15am - 12:15pm	12 YOGA - BEGINNER Gretchen D. Aerobic Studio 2 12:00pm - 1:00pm	13	14	15	16 VINYASA YOGA Rotating Instructor Aerobic Studio 2 12:00pm - 1:00pm	17 YOGA - FAMILY Rotating Instructor Aerobic Studio 2 11:15am - 12:15pm
18 YOGA - FAMILY Rotating Instructor Aerobic Studio 2 11:15am - 12:15pm	19 YOGA - ANY LEVEL Carol M. Aerobic Studio 2 6:30pm - 7:20pm	20	21 YOGA - ANY LEVEL Carol M. Aerobic Studio 2 5:30pm - 6:20pm	22	23	24
25 INSTRUCTOR GUIDED MEDITATION Aerobic Studio 2 12:15-12:45pm	26 VINYASA YOGA Kathy P. Aerobic Studio 1 8:00am - 9:00am	27 YOGA - BEGINNER Lisa S. Cynthia S. Aerobic Studio 2 1:30pm - 2:30pm	28	29 HEALTHY SENIORS Day 10:00am-2:00pm Improvement through movement	30	31



HEALTHY SENIORS

Day

ACTIVE AT ANY AGE

SENIOR HEALTH AND WELLNESS PROGRAM

AUGUST 29th 10:00a-2:00p



FREE AND OPEN TO THE PUBLIC

- Group Exercise Classes
- Blood Pressure Screenings
- Diabetes Prevention Seminar
- Healthy Cooking Demonstrations
- Health Insurance FAQ's
- Goal Setting with a Certified Trainer
- Stretching Clinic
- Senior Health Vendors
- Prizes and Giveaways



RECIPE CARD CUCUMBER SALAD

INGREDIENTS

- 2 English cucumbers thinly sliced
- 1 teaspoon salt
- 1 red onion thinly sliced
- 1 cup distilled white vinegar
- 1/2 cup water
- 1/2 cup granulated sugar
- 2 tablespoons fresh dill minced

INSTRUCTIONS

- Season cucumbers with salt in a large bowl and let sweat 1 hour. Drain liquids and toss cucumbers with onion slices.
- In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes.
- Pour over cucumbers and onions. Stir in dill. Cover with plastic wrap and refrigerate 1 hour. Serve cold or at room temperature.
- Cover and refrigerate for at least 1 hour before serving. Taste and adjust salt and pepper seasoning.



EXERCISE OF THE MONTH

Purpose: Stress Reduction

Exercise: Standing Forward Bend (Uttanasana) With Shoulder Opener

Not only do forward bends increase the exhalation, helping to relieve stress, they also turn us inward. Plus, with the arms behind the back, we release shoulder tension.

- When in Standing Forward Bend, use your front thigh muscles to actively pull your kneecaps up toward your hips.
- With your fingers interlaced and your arms behind your back, lift your arms any amount away from your back.
- Hold for 5 breaths, then change the interlace by putting the other index finger on top and stay for another 5 breaths.
- Take your hands to your hips, and your thumbs to the top of your behind.
- Drop the flesh of your buttocks to the floor to propel you up to stand.
- Take a giant step out to the right.



Stay tuned to our Facebook page for videos on how to perform this month's exercise!

