



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA at U.S. STEEL TOWER

# ONE Y FOR ALL SEPTEMBER 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
1	2	3	4	5	6	7
	<b>CLOSED FOR LABOR DAY</b>					
8	9 <b>NATURE NURTURES CHALLENGE</b> Members are challenged to become more aware of the nutrients they consume, and how to improve their intake. Register today.	10 <b>LUNCHTIME WITH THE Y</b> U.S. Steel Lobby 11:00a.m.-1:00p.m. Come check out our booth to spin the Prize Wheel!	11	12	13	14
15	16 <b>MARK IT ON THE MAP</b> Whether new to the U.S.A or ancestors immigrated years ago - mark your history on the map in the lobby!	17 <b>LUNCHTIME WITH THE Y</b> U.S. Steel Lobby 11:00a.m.-1:00p.m. Come check out our booth!	18 <b>PLAYGROUND PGH SMALL GROUP DEMO</b> 11:30a.m. Challenging Full Body Workout using Treadmills, Assault Bikes, Free Weights, and Kettlebells.	19 <b>OPEN HOUSE</b> 10:00a.m.-2:00p.m. Try our Recipe of the month and bring a workout buddy in for a FREE guest Pass today!	20 <b>FREE VA DAY @ THE Y!</b> Veterans and VA Staff may try out the Y FREE All day today! Bring your friends!	21
<b>WELCOMING WEEK - SEPTEMBER 13-22</b>						
22	23	24 <b>FITNESS BUNKER</b> 11:30a.m. Find out which well known fitness beliefs, are Fact and which are Fiction. Featuring are resident Debunker, Chris Reeves MS, CSCS.	25	26 <b>COMBAT FITNESS</b> 11:30a.m. Learn how to throw a punch, while getting in a fat burning workout!	27	28
29	30	31				

Stop by the Welcome Center and join us by showing your support for our diverse community by posting with your own "I am a Welcomer" sign. Post it on Facebook and tag the @YSteelTower in your post to be entered into a swag bag drawing.



Welcoming Week | September 13-22

# THE UNITED STATE OF US



## RECIPE CARD

### Zucchini and Chickpea Tagine



#### INGREDIENTS

- 6 ounces carrots, peeled and cut into 1/4" thick half-moons
- 1/4 cup extra-virgin olive oil
- 1 1/4 pounds zucchini, diced
- 3 cups cooked chickpeas (preferably home-cooked)
- 1 teaspoon kosher salt
- 1/4 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- 1 teaspoon ras el hanout (optional)
- 1/4 teaspoon Aleppo pepper or cayenne or chili flakes
- 1 tablespoon tomato paste
- 1 tablespoon minced preserved lemon
- Juice of 1/2 lemon
- Optional garnish: flat-leaf parsley

#### INSTRUCTIONS

- Place the carrots in a small, loosely-covered microwave-safe bowl and microwave on high until beginning to soften, about 90 seconds.
- Place the oil in your largest skillet or a Dutch oven over medium-high heat. Saute the zucchini until it is tender. Add the carrots and all of the remaining ingredients (chickpeas, salt, cinnamon, cumin, mint, ras el hanout, Aleppo pepper, tomato paste, preserved lemon, and lemon juice). Add 1/2 cup water and mix thoroughly. Bring to a simmer, reduce heat to low, cover, and cook for 10 minutes.
- Taste and adjust seasoning. It will probably need more salt, and you may want to amp up the spices, depending on your taste. Serve hot, garnishing with parsley if you desire.



## EXERCISE OF THE MONTH

**Purpose:** Cardio and Joint Movement

**Exercise:** Basic Salsa

1. Stand with both feet together.
2. Step to the right. Bend your knees.
3. Return to the middle.
4. Step to the left. Bend your knees slightly.
5. Return to the middle.
6. Try it a little faster. Slightly rock to the side as you move. Loosen up your upper body. Let your shoulders move with your feet.
7. Faster this time! Add some hip as you rock. Make it your own! Check video for correct tempo.