



# MEN'S HEALTH MONTH NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>FAMILIES HELPING FAMILIES</b> <a href="http://pittsburghymca.org/turkeytrot">pittsburghymca.org/turkeytrot</a></p> <p>7 AM: Race Day Registration Opens            8 AM: MedExpress Family Fun 1 Mile Run/Walk            8:30 AM: Turkey Trot 5K, presented by UPMC Health Plan            Gentile, Horoho &amp; Avalli, P.C. Double Gobble (5K + 5 Mile)            9:15 AM: Pittsburgh Pirates 5-Mile Run</p>					1	2
3	4	5	<p><b>CHANGE CLOTHES            CHANGE LIVES</b>  <b>November 1st-22nd</b>            Donate new or gently used business clothes, shirts, sweaters, jackets, to benefit the men of the Allegheny YMCA.</p> 		8	9
<p><b>CLOSED FOR ANNUAL CLEANING</b></p> <p>10 <b>VET22 WORKOUT</b>            10 AM            You are not alone. Join us in a celebration of our nation's heroes with a special workout.</p>	<p>11  <b>THANK YOU TO OUR VETERANS</b></p>	12	13	14	15	16
<p><b>MEN'S HEALTH WEEK NOVEMBER 11TH-17TH</b></p>						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				<p><b>28 TURKEY TROT</b>  <b>November 28, 2019</b>            Help fight hunger in the Greater Pittsburgh area. Register to run today.  <a href="http://pittsburghymca.org/turkeytrot">pittsburghymca.org/turkeytrot</a></p>	<p><b>22 RESIDENT THANKSGIVING DINNER</b>            4-7 PM            in the gymnasium            Visit the Welcome Center for volunteer opportunities</p>	



# NOVEMBER IS AMERICAN DIABETES MONTH



**SAVE THE DATE**  
World Diabetes Day  
November 14th



Find out if you're at risk  
[pittsburghymca.org/diabetes](http://pittsburghymca.org/diabetes)



## RECIPE CARD Pumpkin Maple Pecan Granola



### INGREDIENTS

- 3 cups rolled oats (gluten-free for GF eaters)
- 1 1/4 cups raw pecans
- 1/3 cup raw pepitas
- 3 Tbsp sugar
- 1/4 tsp sea salt
- 3/4 tsp pumpkin pie spice
- 1/4 cup coconut or olive oil
- 1/3 cup maple syrup (or sub agave or honey if not vegan)
- 1/3 cup pumpkin puree

### INSTRUCTIONS

- Preheat oven to 340 degrees F (171 C).
- Mix the oats, nuts, seeds, spices, sugar, and salt together in a bowl.
- In a small saucepan over medium-low heat, warm the coconut oil, maple syrup, and pumpkin puree and whisk.
- Pour over the dry ingredients and quickly mix with a wooden spoon.
- Spread the mixture evenly onto two baking sheets and bake for 23-33 minutes, stirring a bit near the halfway point.
- Once the granola is golden brown (usually about 25 minutes), remove from oven and let cool completely. It will crisp up as it cools.
- Transfer to an airtight container. Should keep for a couple weeks.



## EXERCISE OF THE MONTH

**Purpose:** Strengthens back, chest, shoulders, back, abs

**Exercise:** Planksgiving



- Plant the hands directly under the shoulders like you're about to do a push-up.
- Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.
- Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.
- Hold the position for 20 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising form or breath.