













MEN'S HEALTH MONTH NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FAMILIES HELPING FAMILIES pittsburghymca.org/turkeytrot</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 & Avalli, P.C. Double Gobble (5K + 5 Mile) 9:15 AM: Pittsburgh Pirates 5-Mile Run</p>					<p>1 FAMILY NIGHT 6 PM-CLOSE Harry Potter & the Sorcers Stone Movie, Games, Crafts, & More</p> 	
<p>3 PLANKSGIVING November 1-25 Those that plank for 1 minute or longer will be submitted for a drawing for a \$25 to Whole Foods prior to Thanksgiving Dinner</p>	<p>4</p>	<p>CHANGE CLOTHES CHANGE LIVES November 1st-22nd Donate new or gently used business clothes, shirts, sweaters, jackets, to benefit the men of the Allegheny YMCA.</p> 	<p>7 TURKEY TROT REGISTRATION Register for our Turkey Trot and be entered in the Turkey Trot Gear Basket that will be drawn on 11/25.</p>	<p>8 EARHARTS CAMPOUT 11/8-11/10 Mom & Me Campout Register today at the Welcome Center</p>	<p>9 'Stache to Class': Attend a 'Stache Class' and receive a ticket to be entered into our raffle basket</p>  <p>Hip Hop 11:30 AM</p>	
<p>10</p>  <p>THANK YOU TO OUR VETERANS</p>	<p>11 OPEN HOUSE 9 AM-12 PM Men's health screenings, plank challenges & more!</p> <p>VETERAN'S DAY BREAKFAST 7-10 AM</p>	<p>12</p>  <p>CARDIO SCULPT 6:30 PM</p>	<p>13</p>	<p>14 NATIONAL DIABETES AWARENESS DAY Find out if you're at risk pittsburghymca.org/diabetes</p>	<p>15 PARENT'S NIGHT OUT 5:30-9 PM Register today at the Welcome Center.</p>	<p>16 BAIERL SHARKS SWIM MEET 12:30 PM - CLOSE</p>
<p align="center">MEN'S HEALTH WEEK NOVEMBER 11TH-17TH</p>						
<p>17</p>	<p>18</p>	<p>19</p>  <p>BODY PUMP 5:30 PM</p>	<p>20</p>  <p>TAI CHI 12 PM</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>24</p>  <p>Family Yoga Ages 7+ 11:15 AM</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28 TURKEY TROT November 28, 2019 Help fight hunger in the Greater Pittsburgh area. Register to run today. pittsburghymca.org/turkeytrot</p> 	<p>29</p>	<p>30</p>



NOVEMBER IS AMERICAN DIABETES MONTH



SAVE THE DATE
World Diabetes Day
November 14th



Find out if you're at risk
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.