

MEN'S HEALTH MONTH NOVEMBER 2019

Friday Sunday Monday Wednesday Thursday Tuesday **FAMILIES HELPING FAMILIES** pittsburghymca.org/turkeytrot 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 ANGE CLOTHES **TURKEY TROT** November 1-25 REGISTRATION ANGE LIVES Register for our Those that plank for November 1st-22nd 1 minute or longer Turkey Trot and be Donate new or gently used business will be submitted for entered in the clothes, shirts, sweaters, jackets, to benefit the men of the Allegheny YMCA. Turkey Trot Gear a drawing for a \$25 to Whole Foods prior Basket that will be to Thanksgiving Dinner drawn on 11/25. 14 NATIONAL 12 13 **DIABETES** THANK **AWARENESS DAY** Men's health Find out if you're at risk **CARDIO SCULPT** OU screenings, plank

FAMILY NIGHT 6 PM-CLOSE

Harry Potter & the Sorcers Stone Movie. Games, Crafts, & More

8 EARHARTS **CAMPOUT**

11/8-11/10 Mom & Me Campout into our raffle basket Register today at the Welcome Center Hip Hop

9 'Stache to Class': Attend a 'Stache Class' and receive a ticket to be entered

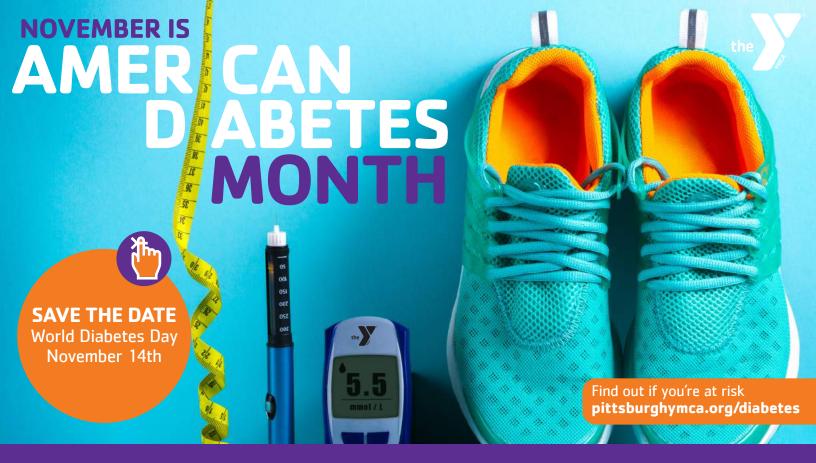
Saturday

11:30 AM

15 PARENT'S **NIGHT OUT** 5:30-9 PM Register today at

BAIERL SHARKS **SWIM MEET**

12:30 PM - CLOSE pittsburghymca.org challenges & more! 6:30 PM TO OUR VETERANS the Welcome Center. **MEN'S HEALTH WEEK NOVEMBER 11TH-17TH** 17 19 22 23 18 20 **BODY PUMP** TAI CHI 5:30 PM 12 PM 24 30 25 26 27 28 TURKEY TROT November 28, 2019 Help fight hunger in the Greater Pittsburgh area. Family Yoga Register to run today. pittsburghymca.org Ages 7+ turkeytrot 4, 4 11:15 AM





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
- ¼ 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.

