






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>					1	2
<p>PLANKSGIVING CHALLENGE Who can plank the longest? Compete in the Planksgiving Challenge for a chance to become the new Steel Tower Plank Champion! Grab our month long "Improve Your Plank" guide at the Welcome Center.</p>						
3	<p>4 Y AT THE PLAZA 11:30 AM - 1:30 PM Stop by our booth for a FREE Guest Pass & information on our Y!</p>	<p>5 FRUIT & VEGGIE DEMO Try out the Fruit & Veggie Challenge recipe of the week & receive a Guest Pass for a friend!</p>	6	7	<p>8 FREE COMMUNITY DAY 5:30-8:30PM Try the Y for free + complimentary health screenings and recipe tastings.</p>	9
<p>10 THANK YOU TO OUR VETERANS</p>	<p>11 THANKSGIVING HIITS Grab a free weekly HIIT workout from our Wellness Board.</p>	<p>12 REFER A FRIEND DAY Refer a friend to receive 20% off of your membership!</p>	<p>13 HYPE SPIN CLASS 11:15 AM - 12 PM Intense motivation, & an intense sweat!</p>	<p>14 BNY DAY BNY Employees receive a FREE Guest Pass and discounted rate.</p>	<p>15 Y AT THE PLAZA 11:30 AM - 1:30 PM</p>	16
<p align="center">MEN'S HEALTH WEEK NOVEMBER 11TH-17TH</p>						
17	<p>18 ANGEL TREE BEGINS Select your name from our tree at the Welcome Center.</p> 	<p>19 FRUIT & VEGGIE DEMO Try out the Fruit & Veggie Challenge recipe of the week & receive a Guest Pass for a friend!</p>	20	21	<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> 	
24	<p>25 Y AT THE PLAZA 11:30 AM - 1:30 PM Stop by our booth for a FREE Guest Pass & information on our Y!</p>	26	27	<p>28 TURKEY TROT Help fight hunger in Pittsburgh. Register to run today. pittsburghymca.org/turkeytrot</p>	29	30
				CLOSED	CLOSED	



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

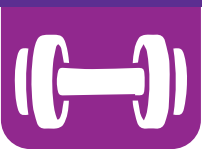


INGREDIENTS

- 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.