

# READY TO Move YOU

## JANUARY 2020 | BE MOVED TO DO MORE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>BE MOVED TO DO MORE</b>            Mixing the hottest music with cutting-edge exercise science, motivation and the energy of many, Les Mills group fitness classes make you fall in love with fitness. <b>Download the YMCA of Greater App app to find your next class.</b></p>			1	<b>2 THIRSTY THURSDAY</b> Free beverage in the lobby all day. Coffee, Tea, Hot Cider, fruit infused water, etc.	3	4
5	6	7	8	<b>9 THIRSTY THURSDAY</b> Free beverage in the lobby all day. Coffee, Tea, Hot Cider, fruit infused water, etc.	10	11
12	13	14	<b>15 OPEN HOUSE</b> 12-2pm Free wellness consultations & Free samples from Vibe smoothie shop.	<b>16 THIRSTY THURSDAY</b> Free beverage in the lobby all day. Coffee, Tea, Hot Cider, fruit infused water, etc.	17	<b>JANUARY 18th SUMMER DAY CAMP KICKOFF</b> Learn more at <a href="http://ycamps.org/bestsummerever">ycamps.org/bestsummerever</a>
19	20	21	22	<b>23 THIRSTY THURSDAY</b> Free beverage in the lobby all day. Coffee, Tea, Hot Cider, fruit infused water, etc.	24	25
26	27	28	29	<b>30 OPEN HOUSE</b> 12-2pm Free wellness consultations & Free samples from Vibe smoothie shop.	31	

**WEIGHT LOSS CHALLENGE**

**JANUARY 26th - APRIL 12th**  
 Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Challenge Program.  
 Register online today at [pittsburghymca.org/weightloss](http://pittsburghymca.org/weightloss)





FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY.

YMCA of GREATER PITTSBURGH

# BEST. SUMMER. EVER.

SAVE  
**10%**  
Off Every Week  
of Camp



REGISTRATION OPENS JAN. 18TH – [ycamps.org/bestsummerever](http://ycamps.org/bestsummerever)



## RECIPE CARD Instant Pot Sweet Potato and Kale Soup



### INSTRUCTIONS

- Press sauté function on Instant Pot, add oil when the display reads “Hot”.
- Add onion and bay leaves stir until onion is translucent, avoid browning.
- Add sweet potatoes and the next 7 ingredients; cook for about 1 minute stirring constant
- Stir in tomatoes and paprika, stir for about 2 minutes more.
- Stir in coconut milk, then stock.
- Place lid on pressure cooker and turn to lock, make surer the steam valved is sealed
- Cancel the sauté function and turn on pressure cook, manual and choose 5 minutes.
- When the cooking cycle ends, let the pressure release naturally for 10 minutes, then carefully turn the knob to the venting position.
- Open lid and carefully stir in kale, then drained beans. Let sit for a few minutes so the kale will wilt and the beans will warm through.

### INGREDIENTS

- 2 T Olive or coconut oil
- 1 small onion, diced
- 2 bay leaves
- 2 medium sweet potatoes peeled and cubed (about 1 ½ #)
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- 1/8 tsp. cinnamon
- 1 tsp turmeric
- 1 tsp Kosher salt (¾ tsp if using table salt)
- 3 cloves garlic pressed or minced
- 1 3–4” sprig of rosemary, leaves removed and chopped
- 1 15-ounce can of diced tomatoes with juice
- 1 tsp sweet paprika
- 1 14 ounce can light coconut milk
- 1 ½ cups vegetable stock
- 6 ounces of kale, stems removed and coarsely chopped
- 1 can garbanzo beans, drained and rinsed



## EXERCISE OF THE MONTH

**Purpose:** Ab and Core Strengthening

**Exercise:** Crunchy Frog

- Begin sitting, balanced just behind your sits bones, and rock back slightly to lift your feet off the floor; gently pull your knees to your chest.
- Exhale, pull your navel to your spine, and lean back slightly as you open your arms to the sides and straighten your legs.
- Inhale and return to the starting position to complete one rep.

