

READY TO *Move* YOU

JANUARY 2020 | BE MOVED TO DO MORE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BE MOVED TO DO MORE 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. Download the YMCA of Greater App app to find your next class.</p>			1	2	3	4 WINTER SWIM LESSONS BEGIN 6-8pm Register Today for Your Child's Next Group Swim Lesson
5	6 WEIGHT LOSS CHALLENGE 6-7:30pm Speak to Our Staff and Register at the Welcome Center	7	8 LES MILLS LAUNCH 8:30am View Our App for the Latest Schedule	9	10	11 TEEN HIP HOP FITNESS Register with Nicole Roberts nroberts@ymcapgh.org
12	13 LUNCH MEAL PREP 6-7:30pm Adult Cooking Class Registration Required	14	15	16 DIABETES PREVENTION PROGRAM 11am-1pm Learn How This Program Could Change Your Life	17 COOKING WITH BEER 6-7:45pm Adult Cooking Class Registration Required	JANUARY 18th SUMMER DAY CAMP KICKOFF Learn more at ycamps.org/bestsummerever
19	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		22	23	24 PARENT'S NIGHT OUT 6-8pm Drop the Kids Off and Enjoy a Night Out. Register Today	25
26	27 ADULT COOKING CLASS 6-7:30pm Vibrant and Versatile Veggies Cooking Class Registration Required	28	 29	30 OPEN HOUSE 5-7pm Come Take a tour and enjoy some complementary refreshments from the Teaching Kitchen	31 PRINCESS/GUIDES WINTER CAMPOUT @ Deer Valley. Register Today at the Welcome Center	



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY.

YMCA of GREATER PITTSBURGH

BEST. SUMMER. EVER.

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REGISTRATION OPENS JAN. 18TH – 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.

