

READY TO Move YOU

JANUARY 2020 | BE MOVED TO DO MORE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BE MOVED TO DO MORE Les Mills Launch Day - January 8th Mixing the hottest music with cutting-edge exercise science, motivation and the energy of many. Download the YMCA of Greater App app to find your next class.		1	2	3	4
5	WEEKLY WORKOUTS New takeaway workout every week!	7 100 SWEATY SWEATS Can you complete 100 workouts between Jan 26th - May 2nd? Join the 100 Sweaty Sweats	8 S.M.A.R.T. GOALS DAY Work with our staff to understand and accomplish your goals	9 WEIGHT-LOSS SIGN-UP TABLE Stop by to receive info or sign-up for the YMCA Weight Loss Challenge!	10	11
12	WEEKLY WORKOUTS New takeaway workout every week!	14 MEET YOUR DIRECTOR OPEN HOUSE Free guest passes, lite snacks, coffee and tea will be provided	15	16 WEIGHT-LOSS SIGN-UP TABLE Stop by to receive info or sign-up for the YMCA Weight Loss Challenge!	17 BNY DAY AT THE Y 10am-2pm BNY Employees will receive a FREE Guest Pass & 10% off of their Monthly Membership plans	JANUARY 18th SUMMER DAY CAMP KICKOFF Learn more at ycamps.org/bestsummerever
19	20 MLK DAY FREE Community Day & Open house, free guest passes and fruit water. WEEKLY WORKOUTS	21 100 SWEATY SWEATS Can you complete 100 workouts between Jan 26th - May 2nd? Join the 100 Sweaty Sweats	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		24	25
26	WEEKLY WORKOUTS New takeaway workout every week!	28 100 SWEATY SWEATS Can you complete 100 workouts between Jan 26th - May 2nd? Join the 100 Sweaty Sweats	29	30	31 2020 Y PHOTO ALBUM 10am-4pm We are celebrating YOU! Stop by and have your photo taken at our 2020 Photo Booth	



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY.

YMCA of GREATER PITTSBURGH

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10%

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of Camp



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.

