

READY TO Move YOU

JANUARY 2020

| BE MOVED TO DO MORE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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 to find your next class.</p>			1	2	3	4 SWIM MEET 11am-5pm FREE WEIGHT LOSS BOOTCAMP SERIES 9:15am
5	6 PRE-DIABETES CLASS 12-1pm Join us for a meeting on the 3rd floor for Macadonia/FACE	7 OPEN HOUSE 5-8pm Open to the public - Join us for fun group exercise classes, swimming, & more at the Y	8	9	10	11 FREE WEIGHT LOSS BOOTCAMP SERIES 9:15am
12	13	14	15 U.S. CENSUS DISCUSSION 10-11am The Importance of Being Counted	16 OPEN HOUSE 5-8pm Open to the public - Join us for fun group exercise classes, swimming, & more at the Y	17	JANUARY 18th SUMMER DAY CAMP KICKOFF Learn more at ycamps.org/bestsummerever
19 JANUARY 20th SPOKEN ON A DREAM: AN EVENING OF SPOKEN WORD AND POETRY 6-7:30pm	20 OPEN HOUSE 5-8pm Open to the public - Join us for fun group exercise classes, swimming, & more at the Y	21	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	27	28	29 OPEN HOUSE 5-8pm Open to the public - Join us for fun group exercise classes, swimming, & more at the Y	30	31 FAMILY MOVIE NIGHT THE LION KING 5-7pm Join us for family night of the new Lion King	



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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.

