



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



KEEP YOUR HEART HEALTHY

Focus on making healthy changes to lower your risk of developing heart disease during American Heart Month. Get ideas for improving your heart health from our wellness partner—the YMCA.

5 healthy eating habits your heart will love

- Eat foods rich in omega-3 fatty acids—think fish, nuts, seeds and beans.
- Reduce your sodium intake.
- Add more fruits and veggies to your diet, especially berries, greens, tomatoes, potatoes and avocados.
- Choose whole grains.
- Have some chocolate—as long as it's dark chocolate.

Why you should give walking a try

Walking can be social, fun and a great workout.

Regular brisk walking can help you:

- Maintain a healthy weight.
- Prevent or manage conditions like heart disease and high blood pressure.
- Strengthen bones.
- Improve balance and coordination.

WHY THE Y?

Whether your goal is to do a push up, run 10 miles or achieve better balance—the Y can help. When you join the YMCA, our partnership gives you benefits like:

- \$15 reimbursement toward future month membership dues when you visit the Y 12 or more days per month.
- Free access to dozens of group exercise classes.
- Free towel service.
- Access to indoor pools, gyms, tracks and more—perfect for winter workouts.



RECIPE: HUEVOS RANCHEROS WITH AVOCADO

- 1 T olive oil
- 1 T fresh garlic, minced
- 1/2 c. yellow onion, diced
- 1 T jalapeño pepper, seeded and minced
- 1 medium beefsteak tomato, diced
- 1 15-oz. can low-sodium black beans, drained and rinsed
- 1/2 t. ground cumin
- 1/2 t. smoked paprika
- 4 large eggs
- 1/8 t. kosher salt
- 1/8 t. black pepper
- 1 avocado, sliced
- 1/2 c. cilantro sprigs
- 1 lime, cut in wedges

Preheat oven to 450°. Heat olive oil on medium-high heat in a cast iron skillet (or ovenproof sauté pan). Add garlic, onion, jalapeño pepper and sauté for 3-5 minutes. Add tomato, stirring for 2 minutes. Add black beans, cumin, and paprika and bring to a light simmer. Create a well in each quadrant of the pan. Carefully drop an egg in each of the wells. Season with salt and pepper. Bake for 5-7 minutes. Serve with a garnish of avocado, cilantro and a lime wedge. Serves 4.