

CHECK YOUR PLATE! Nutrition Services Offered at Your Local Y!

There's much in life we cannot control. The good news is that YOUR HEALTH YOU CAN CONTROL! Ever heard the saying that you can't out-exercise a bad diet? It is, in fact, true.

Nutrition plays an equal, if not more important, role in your health journey. Especially now, when many of us are working more remotely and might be more sedentary. It's a great time to utilize our nutrition services and fine tune what's on your plate. Book your consultation today! For more information or to reserve, email Megan Vermeer at mvermeer@ymcachattanooga.org.

Need healthy ideas to mix things up? Check out this green goodness in this Green Glow.

GREEN GLOW

2 servings | 120 cal per serving



beller
nutritional
institute LLC

blend & enjoy!
* optional: 4-6 fresh mint leaves,
1 tsp raw honey or pure maple

If you aren't already a member of our YMCA Chattanooga Facebook group, join us today! Join live classes, get tips, articles, updates and more.



DON'T FORGET TO RESERVE FOR YOUR IN-PERSON CLASSES!

As a reminder, effective June 8, limited group exercise classes were integrated back in. These classes require reservations to manage cleaning and social distancing in classes. You can find the link to your branch's reservations on our website or inside our YMCA Chattanooga App.

CHAPLAIN'S CORNER

The Summer Soul

As I write, the astronomical first day of summer has just occurred for those of us who live in the northern hemisphere. On Saturday, June 20th at 5:44 PM (EDT), the sun reached its highest and northernmost point in the sky. Known as the summer solstice, this day was the longest day of the whole year.

What will you do with the extra sunlight that summer brings? My prayer for all of us is that we begin by thanking God for the gifts that each season brings. Summer comes with special opportunities for soul tending. Flowers come into full bloom, birds raise their young, and farmers fill roadside markets with fresh fruits and vegetables. Watering holes fill up with bodies of all shapes and sizes. The sound of laughter as we engage in our favorite "out-of-doors" summer activities delights the soul!

Be safe, be healthy, and be grateful for the gift of the Summer Soul.

The Summer Day by Mary Oliver

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields, which is what I have
been doing all day.

Blessings,

Rev. Janice Keebler
YMCA Association Chaplain



QUESTIONS OR SUGGESTIONS: We would like your input. Let us know what you want to see in future newsletters, mvermeer@ymcachattanooga.org.