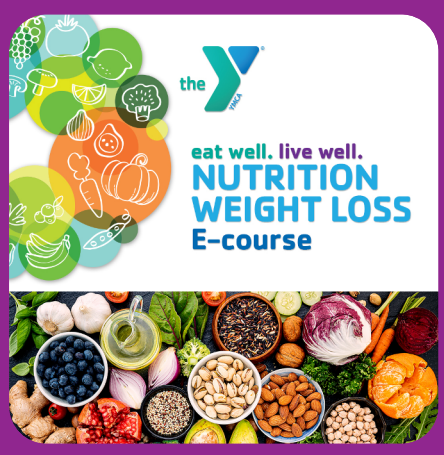
HEALTHY LIVING NEWSLETTER

ymcachattanooga.org

September 4, 2020

INVEST in YOUR HEALTH!

Want to lose weight for the last time?



The Y's new Eat Well. Live Well. Nutrition E-course (led by our registered dietitian/health coach) will give you evidence-based information on how to lose weight effectively, as well as info on staying motivated, finding accountability, weekly check-ins, and more.

The 8-week program begins Sept. 28 and includes topics like:

- How to lose weight and feel full
- Benefits of fiber
- Grocery store tours
- Meal prep
- Eating out
- And more!

For more information, email Megan Vermeer at mvermeer@ymcachattanooga.org.

WATCH THIS VIDEO TEASER!

Click here to join our virtual race Facebook Group!

Staying Connected in a Healthy Community

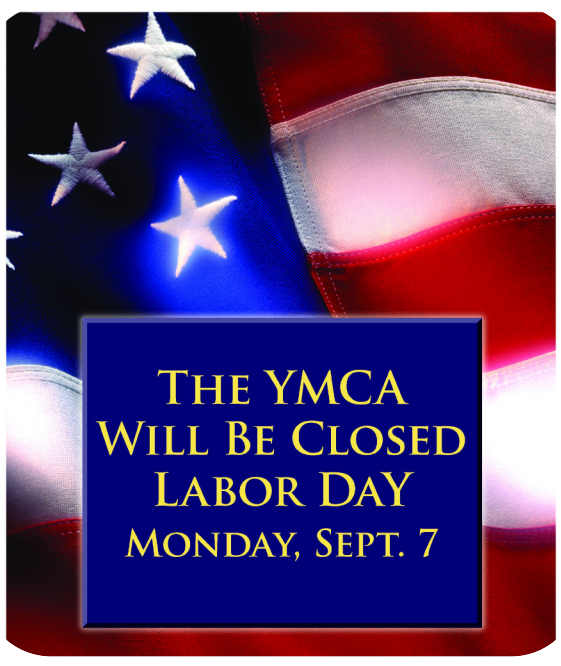
has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group. There is content, support and tips for everyone!

QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time?Please email your answer to mvermeer@ymcachattanooga.org

YMCA MEMBER NEWS

- Effective immediately, parents/guardians may register children in child watch for ages 8 weeks - 11 years old.
- Members may also register for as many land classes as they choose. The Y is lifting the 5 land class per week maximum.
- Beginning Tuesday, Sept. 8, all YMCA locations will expand their evening hours to 8 p.m.



The Cleveland Family YMCA Outdoor Pool will be open 12-6 p.m. weather permitting.

End of Summer Labor Day Zucchini Tomato Bake

INGREDIENTS

- 1 lb.zucchini (about 3 medium), chopped
- 1 pt.cherry tomatoes, preferably multi-colored, halved
- 2 cloves garlic, minced
- Extra-virgin olive oil, for drizzling
- kosher salt
- Freshly ground black pepper
- 1/3 c.freshly grated Parmesan

DIRECTIONS

- Preheat oven to 350°.
- In a large bowl, combine zucchini, tomatoes, garlic and a drizzle of olive oil. Season with salt and pepper and toss to coat.
- Transfer vegetables to a small baking dish, then sprinkle with Parmesan. Bake until golden, 33 to 35 minutes.
- Garnish with basil and serve.

2 tbsp.torn basil, for garnish