



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Friday March 20, 2020

Dear Y community:

"Begin each day with a grateful heart. Stop being afraid of what could go wrong and start being positive about what could go right".

Today we celebrate "Fun Friday"! The end of a long week for many as we ease into the season of Spring. Warmer temps around the corner, promises of longer and lighter days in addition to all the new growth that will soon be springing up around us. Take a moment to step outside, breathe deeply and focus on one thing you can truly be grateful for.

Workout of the Day

Today's workout is a fun activity the whole family can enjoy, Bollywood ZUMBA brought to you by our very own Gowari Jakal. Have a blast! I promise you won't help but smile and take your mind off everything for a while. 😊

Healthy Recipe of the Day

Seafood is definitely in my opinion one of the tastiest and leanest forms of protein. Pair it with some healthy greens and a house made dressing and you have one healthy and delicious dinner that's perfect for everyone. The dressing in this recipe is amazing and can easily translate over into many other dishes. Check out the recipe for Ellie Krieger's Caesar Salad and Grilled Shrimp! Bon Appetit!

Best wishes to you and your family,

Carrie Marquardt
Health and Wellness Director
Meriden-New Britain-Berlin YMCA and CrossFit Meriden

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.

MERIDEN YMCA

110 West Main Street
Meriden CT 06451
P 203 235 6386 F 203 634 6517
www.meridenymca.org
facebook.com/YMCA.Meriden

NEW BRITAIN YMCA

50 High Street
New Britain CT 06051
P 860 229 3787 F 860 225 8063
www.nbbymca.org
facebook.com/NBBYMCA

BERLIN YMCA

362 Main Street
Berlin CT 06037
P 860 357 2717 F 860 828 7830
www.nbbymca.org
facebook.com/BerlinYMCA