



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Happy Super Saturday!

On this sunny day I'd like to propose a healthy family challenge we could all take advantage of called The 30 Day Fresh Air Club. Every day take a walk in or around your neighborhood accumulating steps day to day for 30 days.

Take a photo and post on your social media how many steps you all are taking as a family each day. Please tag the Meriden YMCA. Use #meridenymca and #30dayfreshairclub. You can share to our facebook page too!

Steps can be tracked many ways: use your fitness tracker, walking pedometer or a cell phone (most are equipped with this feature). This is a fantastic way to clear your minds, get some fresh air, stay connected with your Y family and spend some safe quality time together outside the confines of your homes while enjoying a little fun competition.

"Exercise is a keystone habit that triggers change. The only bad workout is the one that didn't get done."

After all that fresh air enjoy a tasty dinner sure to please your family. Let the kids help they will love this one. Enjoy!

Carrie

The World's Best Taco Soup

Ingredients:

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| 1 lb. ground beef/turkey or chicken | 1- 15oz can kidney beans |
| 2 TB taco seasoning | 1- 15oz can pinto or white beans |
| 1 med sweet onion diced | 1- 15oz can corn |
| ½ green bell pepper diced | 1- 15oz can diced tomatoes |
| ½ red bell pepper diced | 1 can Rotel tomatoes |
| ½ orange or yellow bell pepper diced | ¼ cup salsa of choice |
| 1- 15oz can black beans | 1- 8oz can tomato sauce of choice |

Instructions:

1. Brown meat in large pot. Add onion, peppers and saute for a few minutes.
2. Add remaining ingredients and stir until combined. Let simmer for about 20 minutes stirring occasionally. You may add a little water if gets too thick.
3. Dish it up and add your favorite toppings; (optional) sour cream, shredded cheddar, diced scallion and a side of tortilla chips. Freezes well if you have leftovers.

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

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