



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Y Family:

These truly are uncertain and trying times for all of us and here at the Meriden-New Britain-Berlin YMCA we recognize the importance of staying positive, strong and healthy to get us through. We can't be with each of you physically but want you to know we are here for you and your families. Please enjoy our daily wellness posts.

Best wishes,  
Carrie Marquardt, Health and Wellness Director

### **A St. Patty's Day Blessing**

"May your blessings outnumber the Shamrocks that grow.  
And may trouble avoid you wherever you go!"

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### **What to eat to help strengthen and boost the immune system:**

**Probiotics** - Key for gut health which comes from ingesting good bacteria. A good source is an all-natural yogurt

**Protein:** Lean animal sources such as chicken, turkey, fish, 7% lean beef and pork options in addition to plant based versions such as lentils, beans, peas and chick peas

**Water:** Your body's fluid needs increase when you are fighting infection. An extra 2 cups in addition to what you normally consume can fuel regeneration of immune fighting lymphatic cells to get you feeling stronger. Downing fruit juices and other sugar laden options when you are under the weather will only lead to sugar crash making you feel far worse.

**Vitamin C:** good sources such as fresh citrus fruits, sweet potatoes, broccoli, peppers, carrots and strawberries will help boost immune health

**Vitamin E:** neutralizes free radicals in the body which can protect against several infectious diseases. Good sources can be almonds, hazelnuts, peanut butter- dark greens like spinach and even broccoli can also provide E

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### **PB&J Smoothie:**

Blender

1 cup of frozen grapes or any frozen favorite berry option

½ cup creamy peanut butter

1 ½ cup vanilla flavored yogurt

1/2 cup of low fat milk

Blend until smooth- Enjoy!

### **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