



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.

The World's Best Taco Soup

Ingredients:

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

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