



YMCA OF WESTERN NORTH CAROLINA

HEALTHY RECIPE OF THE MONTH

STUFFED BELL PEPPERS

Ingredients

- 6 bell peppers, any color
- 4 tbsp olive oil
- 8 oz lean ground beef or turkey
- Salt and black pepper, to taste
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 Roma tomatoes, seeded and finely diced
- Red pepper flakes, as needed
- 1 cup cook brown and/or wild rice
- 1 ½ cups grated pepper Jack cheese

Directions

Preheat the oven to 350 degrees F.

Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out seeds and membrane. Place peppers cut-side up in a baking dish.

Heat 2 tbsp of olive oil in large skillet over medium-high heat. Add beef, season with salt and pepper and brown, about 8 to 10 minutes. Drain the fat and set cooked beef aside.

Add remaining olive oil to skillet with onions, chopped pepper tops and cook 3-4 minutes. Then add garlic and zucchini, tomatoes and red pepper flakes. Cook until everything is heated through and add beef, rice and 1 cup of cheese.

Fill peppers with mixture and top with remaining cheese. Cover with foil and bake for 30 minutes, and uncover and bake another 15 minutes.

ymcawnc.org
[facebook.com/ymcawnc](https://www.facebook.com/ymcawnc)

FRIENDSHIP MEANS MORE IN AuGUEST

You can always bring your friends to Y, but now you can both come for free! Members, when you bring a guest and they join by Aug. 31, both of you will earn a free month of membership.

Think of how much fun it will be to work out with a friend! Not only will you enjoy yourselves, you'll also be more likely to meet your wellness goals when you have a buddy to encourage you. AuGUEST is a great way for both of you to get started.

Members must be 18 years or older to bring a guest, and must remain in the facility with their guest. Your guest can come up to three times for free and must bring valid ID.

Visit the membership desk at your local Y or go to ymcawnc.org to learn more.



ENERGIZE YOUR KIDS WITH FALL SPORTS

Y sports programs give children and teens a healthy outlet to gain new skills, develop a sense of team, and connect with positive role models.

Registration is underway for coed youth sports like soccer, flag football, field hockey, and volleyball. All programs teach valuable skills, teamwork, and sportsmanship in a fun and supportive setting. Registration runs through Aug. 4.

Visit the membership desk or go to ymcawnc.org to sign up today!

FITGO FOR IT THIS MONTH

The Y's FitGo Challenge is like bingo for your health. Complete activities for a healthy spirit, mind, and body to win prizes. If you complete the full board, your name will go in a drawing for a free Jump Start personal training package.

Sign up at the membership desk or online at ymcawnc.org/fitgo-challenge.



GEAR UP FOR PARKINSON'S PROGRAMS

The Parkinson's Foundation estimates that more than one million people in the U.S are living with Parkinson's disease (PD), and that more than 60,000 cases are diagnosed each year. The main symptoms of the disease are movement related.

The YMCA of WNC recently won a grant from the Parkinson's Foundation to support ongoing health, wellness, and educational programs. Three PD programs at the Y focus on improving movement and building community: Pedaling for Parkinson's, PWR!Moves, and Rock Steady Boxing.

These programs are supported by the grant from the Parkinson's Foundation.

For more information, visit ymcawnc.org/parkinsons-support.



FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign.

Go to ymcawnc.org or call 828-251-5910 to learn more.

FIT TIP OF THE MONTH

EAT THE RAINBOW

Eat foods that are as close to their natural state as possible. Aim for whole, fresh foods in a rainbow of colors. Each color in fruits and vegetables is caused by specific phytonutrients, which are natural chemicals that help protect plants from germs, bugs, the sun's harmful rays, and other threats.

RED: Helps fight cancer, reduces the risk of diabetes and heart disease, improves skin quality

ORANGE AND YELLOW: Improves immune function, reduces the risk of heart disease, promotes eye health

GREEN: Boosts the immune system, helps detoxify the body, restores energy

BLUE AND PURPLE: Fights cancer and unwanted inflammation and helps keep you young

WHITE AND BROWN: Protects against certain cancers, keeps bones strong, and are a heart healthy choice

UPCOMING EVENTS

ADULT BASKETBALL

AUG. 27: Now introducing 40+ adult basketball at the Asheville Y! Adult basketball leagues are a recreation program that provides a competitive environment for those not ready to hang up their basketball shoes. Games will take place on Tuesday nights from 8-10 p.m. Members \$55, non-members \$75.

Sign up at ymcawnc.org. Questions? Email Tyler Sanford at tsanford@ymcawnc.org

HEALTHY AGING WORKSHOP

AUG. 27: Julie Goodwin from the Better Business Bureau will be discussing scam prevention and awareness at the Corpening Memorial YMCA from 12-1 p.m. FREE for members.

Go to ymcawnc.org or call 828-659-9622 to sign up.