



## MARCH HAPPENINGS IN WELLNESS

SATURDAY  
MARCH  
7  
9AM-12PM

SATURDAY  
MARCH  
28  
9AM-12PM

**Blood Pressure Screenings**  
provided by the University of Maryland Blood Pressure Screening Project

WEDNESDAY  
MARCH  
11  
5PM-7PM

**Beyond the Scale**  
Let's talk nutrition and fitness

SATURDAY  
MARCH  
14  
1:30PM

**Line Dancing Pop-Up**

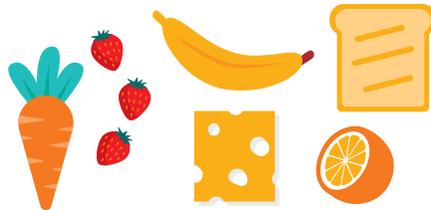
SATURDAY  
MARCH  
28  
9:30AM-12PM

**Zumbathon!**  
Bring a friend or three and help raise money to **Send a Kid to Camp**

### BEYOND THE SCALE

**Wednesday, March 11, 5pm-7pm**

Join members of our Wellness Team for this interactive and informative conversation about fueling well, building strength, and feeling your best at every age. We'll tackle the questions everyone's asking: Can you lose fat and gain muscle at the same time? Is it ever "too late" to build strength? How much protein do you really need? Are hormones and metabolism true dealbreakers? And how do strategies differ for men and women? If you're ready to move past the number on the scale and focus on what truly drives results, this session is for you.



## FULL CIRCLE HEALTH RETURNS

Full Circle Health is an 8-week, space-limited program that offers a comprehensive approach to wellness – combining expert guidance, hands-on support, and a strong sense of community. Full Circle Health helps members build habits that last, creating a foundation for balanced eating, regular movement, and lasting wellness.

**The next session begins April 11<sup>th</sup> and registration is open now.**

### MARCH IS NATIONAL NUTRITION MONTH

#### HAVE YOU EVER FELT:

- Frustrated by a doctor's vague advice to "eat healthier"?
- Confused by contradictory nutrition information on social media?
- Discouraged by a "one size fits all" program that doesn't seem to fit you?
- Overwhelmed by the task of nourishing yourself well?



Good news! The Y has a registered dietitian nutritionist on staff to help you navigate through those feelings and emerge with a personalized, practical, and sustainable plan accompanied by ongoing support and accountability. To learn more, email [caroline.schmalz@ymcadc.org](mailto:caroline.schmalz@ymcadc.org) and schedule your complimentary virtual consult today.

### MOVE OF THE MONTH: Good Morning / Weighted Good Morning

The Good Morning is a powerful posterior-chain exercise that strengthens the hamstrings, glutes, and lower back while reinforcing proper hip hinge mechanics. Keep a soft bend in the knees and hinge at the hips, sending them back while maintaining a neutral spine, like you're bowing forward. Start light, focus on form, and feel the stretch through the hamstrings before driving the hips forward to stand tall. To add weight, hold a dumbbell at your chest or put a barbell on your upper back.

