YMCA OF THE NORTHWOODS • **Friday, March 20th, 2020**

the HEALTHY@HOME

Thought for the Day

"No act of kindness, no matter how small, is ever wasted."
–Aesop

Welcome to day one of our **Healthy@Home Newsletter**! Every issue will feature a workout of the day and information about how we can support our community during this challenging time, PLUS lots of other ways to stay active, connected – and have a little fun!

We hope you'll tag us on social media and share what #Healthy@Home looks like to you!

WORKOUT OF THE DAY

OR OUR Y VIRTUAL CLASS

① **Warm up:**
30 Mt Climbers
40 High Knees
50 Jumping Jacks
10 Burpees
(Repeat 2x)

② **Main Set**
10 Push Ups
20 Sit Ups or Crunches
30 Air Squats
40 Walking Lunges
50 Second Plank
(toes or knees)
(Repeat 1-2x for beginners,
3-4x for intermediate,
5x for advanced)

③ **Cool Down:**
Easy movement and stretch

Yoga with Lauren - Weekday Winddown

25 MINUTE MIND
AND BODY CLASS

55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Spending more time at home means time to explore new hobbies! If you enjoy photography and looking at amazing images of space, you're in luck! NASA has made their entire collection of images, sounds, and video available and publicly searchable online. That means 140,000 photos and other resources are available for you to check out!

https://www.airspacemag.com Offers some top NASA photos of all time.
Have fun spacing out!

AQUATICS TIP OF THE DAY

Before letting your children hit the water this summer, here are a few tips to ensure it's an enjoyable and safe experience.

1. Never swim alone. Teach your children that they should only swim in locations where a lifeguard is on duty.
2. Supervise your children whenever they're in water. Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.
3. Don't engage in breath holding activities. Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side-effects.
4. Wear a Life Jacket: Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
5. Don't jump in the water to save a friend who is struggling in deep water. If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising their own safety.
6. Enroll your children in water safety or swim lessons. Just like teaching your children to look both ways before they cross the street, participating in formal water safety lessons teaches them an important life skill. The Y's swim lesson program teaches children fundamental water safety skills and what to do if they find themselves in water unexpectedly.

Learning how to swim also has multiple benefits beyond the ability to enjoy water safely.
It helps children strive for physical achievement, promotes healthy living, and builds their confidence.
To find out how to enroll your child in the Y's swim lesson program, visit www.ymcaofthenorthwoods.org.

FAMILY FUN & GAMES AROUND THE HOUSE

Here's a way to have some fun together while doing the laundry!
Or skip the laundry part and just have some fun!
What you'll need: Rolled up socks and one or more laundry baskets or buckets.

How to play:
- Assign each basket a point value
- Each player gets 5 throws before switching to the next player
- Keep score or just play for fun
- Need to even the playing field, make older/more advanced children thrown from farther away

School Age Family Fun Challenge:
Have your mom or dad post your best trick shot video!
Can you go behind your back? Between your legs?
What else can you come up with?

STORY TIME WITH MATT

Today's story time is "Mr. Brown Can Moo. Can You?" by Dr. Suess read by Y Youth and Family Director, Matt Steingraber. This story is about interesting sounds that is perfect for kids of all ages to try to imitate these sounds at home! Ideal for encouraging imaginative play, the classic rhymes introduce children to all sorts of sound words!
School Age Storytime Challenge: Come up with your own rhyme that includes a sound. Have your mom or dad share it to our Facebook page!

We hope you'll tag us on social media and share what #Healthy@Home looks like to you!

#stickwithyourY
At a time when most of us are feeling helpless in the face of our common health crisis, the Y is working to give you and our community a sense of shared purpose. We're asking you to **#stickwithyourY**, and maintain your membership to help support the programs and services we're launching to meet the needs of the moment.

Thank you for being a part of the Y family.

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