



# \* YMCA OF THE NORTHWOODS • Friday, April 10th, 2020 HEALTHY @H&ME



Today will never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal, and not wound.

Welcome to our **Healthy@Home Newsletter!** Every issue features ways to stay active, connectedand of course have a little fun! Check out our Workout of the Day, open up the home laboratory for family Science Experiments, calm your mind and body with Stress-Busters, or giggle away at our Joke of the Day!

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

Sweat It Out Full Body Circuit Workout

Perform each exercise for the designated number of reps. Do not rest between exercises. Rest 1 minute between rounds. Complete all 4 rounds and repeat. Hold your weights during squats and lunges to make it harder!

**Warm Up:** 30 sec - jumping jacks, 30 sec - jog in place, 16 squats with alternating knee lifts, 8 inchworms, 16 alternating side lunges, & 45 sec- jumping jacks.



#### The Workout:

ROUND 1: 30 Jumping Jacks 15 Pushups 15 Squats 30 Bicycle Crunches Rest 1 minute Rest 1 minute

**ROUND 2:** 15 Burpees 15 Kettlebell Swings 16 Curtsy Lunges 30 Mountain Climbers

ROUND 3: 30 Speed Skaters 15 Bicep Curls 15 Sumo Squats 30 Reverse Crunches Rest 1 minute

**BOOTCAMP - Beginners** (15 minutes) **ROUND 4:** 

15 Power Jacks

15 Overhead Extensions

16 Reverse Lunges

30 Russian Twists Rest 1 minute



**Cool Down:** Easy movement & stretch.

#### 55+ STAY CONNECTED

red	white	green	brown
green	red	brown	white
white	brown	green	red
red	white	green	brown
brown	green	white	red
white	brown	red	green
white green	brown white	red brown	green red

#### **ACTIVE OLDER ADULTS**

#### Ready to test your mental vitality & flexibility?

Quick — say aloud what color you see in every word, NOT the word you read. Go from left to right, from top to down. Ready. Set. Go! Need more of a challenge? Read the COLORS starting at the bottom right and work backwards! Remember, say the COLOR, not the word. Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility, since performing well requires strong attention, inhibition, and self-regulation capability.

## **AQUATICS**

#### TIP OF THE DAY



You should always swim as a pair—or said another way, swim with a buddy. A buddy is a person who helps another person and can get help in an emergency. A buddy is a partner. You look out for each other. A buddy helps you follow the rules. If you get hurt, your buddy can help you or go get an adult to help you. The buddy system means, you never go anywhere alone. You always go as a pair. You should always have a buddy with you, especially when you swim.

#### **Home Activities & Dry Land Practice**

Home activities help develop good form or build stamina in a particular skill. When the skill has been mastered on land or in a bathtub, it becomes easier to perform in the water.



### **FAMILY FUN & GAMES**

# AROUND THE HOUSE

#### Create a Laser Beam Obstacle Course Using Crepe Paper

Have you ever seen a movie where the hero carefully ducks and jumps over laser beams to save the day?! You can recreate that scene with crepe paer and put your kids to the test! Take a roll of crepe paper and tape streamers back and forth across the walls of a hallway. Zig the lines high and low. Encourage kids to walk through without breaking the crepe paper like their favorite secret agent!

Check out this and lots more fun activities to keep kids active at home!

Click Here!



### STORY TIME WITH MATT

Today's story time is "The Giving Tree" by Shel SilverStein read by Y Youth and Family Director, Matt Steingraber. The book is about the relationship of a boy and a tree. When he was young, the boy would come and visit the tree every day. He would swing on her branches, eat her apples, and as long as he did this, the tree was happy.

**School Age Storytime Challenge:** Give something away today to a sibling/neighbor/friend. Maybe it is a toy you don't use anymore, a shirt that is too small, or maybe you have two of something that you really only need one of. Or just maybe give something that will mean more to someone else than it does to you.





#### **SCIENCE EXPERIMENTS**

#### IN THE HOME LABORATORY

Naked Egg

Level of Difficulty: Easy

Time to Complete: 24 hours

Questions to Ask: What happens to an egg when it is soaked in vinegar? In this experiment, you will learn about the reaction between an acid and a base, plus you'll get to create something you've probably never seen before. CAUTION: Always wash your hands with soap and water after you handle raw eggs.

Materials: 3 cups or jars, white vinegar, food coloring, & 3 whole eggs.

#### The Steps:

- 1. Fill the cups or jars with enough vinegar to cover an egg.
- 2. Add a few drops of food coloring to each cup of vinegar and mix them in.
- 3. Carefully add an egg to each cup.
- 4. Place the cups in the refrigerator and leave them overnight. Check on them every few hours to see how they are changing.

Observations: What did you notice about the eggs as they soaked in vinegar? What do they look like after 24 hours? What do they feel like?

Now Try This! Fill up 3 new cups with different clear liquids. Some ideas to try include corn syrup, honey, hand soap, soda, salt water, and soapy water. Place an egg into a different liquid each night in the refrigerator and see what happens.

The Hows and Whys: The eggshell dissolves because vinegar is an acid and the eggshell is made of a base called calcium carbonate. The vinegar breaks apart the solid calcium carbonate crystals that make up the eggshell into their calcium and carbonate parts. The calcium floats free, while the carbonate reacts to make carbon dioxide (these are the tiny air bubbles on the surface of the eggshell).

# STRESS-BUSTERS

**Be playful.** Being playful is a great way to reduce stress. Remember those carefree days as a child--that's what you're going for. Play hopscotch, hide & seek, color in a colring book, blow bubbles, or climb a tree!





Why couldn't the bicycle stand up?...

Because it was two-tired.

HA HA

# #stickwithyourY

"We are eternally grateful for our Y, for you and for your wonderful staff! The gentle water class and all of you, mean so much to us. The Y and the pool make a huge difference in the quality of our lives! You are essential to us!"

-YMCA of the Northwoods Member

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!