

the  Y[®] YMCA OF THE NORTHWOODS • Wednesday, April 1st, 2020
HEALTHY @ HOME



Just tell yourself Duckie,
you're really quite lucky
– Dr. Seuss

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

The Dirty Dozen

All you will need is one kettlebell or dumbbell and maybe a towel to wipe the sweat from your forehead. For this workout complete the Warm Up then perform each exercise for 12 reps. Do not rest between exercises. Repeat entire sequence 3 times. Finish off with a cool down and stretch.

①

Warm up:

- 30 Mt Climbers
- 40 High Knees
- 50 Jumping Jacks
- 10 Burpees (Repeat 2x)

③

Cool Down:

Easy movement and stretch

②

The Workout:

- 12 Burpees
- 12 Push Ups
- 12 Squats
- 12 Bicycle Crunches
- 12 Power Jacks
- 12 Kettlebell Swings
- 12 Curtsy Lunges
- 12 Plank Shoulder Taps
- 12 Jumping Jacks
- 12 Up/Down Planks
- 12 Jumping Lunges
- 12 Knee Pull Ins (Repeat 3X)



Barre - Booty Fusion
(15 minutes)

55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Well it's Wednesday and our pizza luncheon is set for today at noon. I hope you have all your ingredients. I like making my own personal pizza because I like olives on mine and my husband doesn't. Below you will find the answers to the Pandemic Quiz. I hope you did well. Email me with how many you got right. There may be a prize for the person who got the most correct! And you know how valuable our Y prizes are!!

Also below are links to two solitaire games. I haven't played them in a while, but they are fun. Give them a try. These are played with actual cards, not online games. Of course you could search for online games as well.

[Trivia Quiz](#)

[Quiz Answers](#)

[Clock Solitaire](#)

[Pyramid Solitaire](#)



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American Red Cross

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.



FAMILY FUN & GAMES

AROUND THE HOUSE

Let the Good Times Roll!

Take some time out of your schedule today to create this indoor bowling set, and you can use it to bowl together for weeks to come while you are staying #Healthy@Home.

What you'll need:

- A large open space on a flat floor
- Empty bottles, soda cans, or stuffed animals to be your pins
- Plastic ball or a tennis ball
- Optional craft supplies like tape, markers, & paint

How to create & play:

- Use tape or other household items to mark off your bowling lane on the floor.
- Decide what your pins will be made of — you'll need 10.
- If you are using cans or bottles, try painting them to add to the fun of the game.
- Arrange pins at the end of your bowling lane.
- Roll the ball and see how many pins you can knock down!

How to keep score:

If you are bowling with little ones, keep it simple and just count the total pins. If you want to get serious, learn how to score bowling with this helpful website: kidslearntobowl.com. Have fun knockin' down those pins!

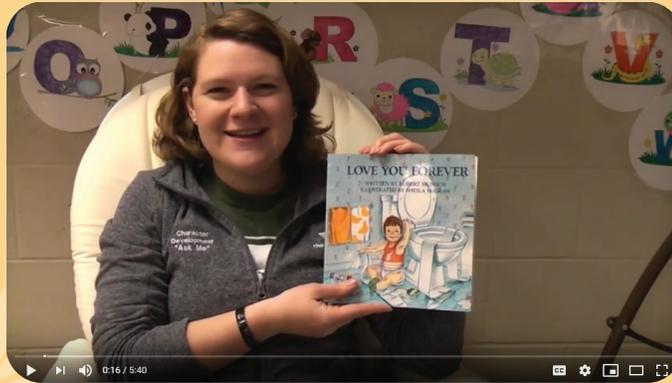
School Age Family Fun Challenge: Have you ever heard of a Turkey? I don't mean the one you eat on Thanksgiving. Try to get three strikes in a row!



STORY TIME WITH ABBIE

Today's story time is "Love You Forever" by Robert Munsch read by Y School Age Director, Abbie Cline. Love You Forever is a story about a mother's continual love for her son as he goes through the stages of adolescence to manhood. Every night his mother sings to him "I'll love you forever, I'll like you for always, as long as I'm living, my baby you'll be", while rocking him as he sleeps.

School Age Storytime Challenge: Write a letter to your grandparents or someone in the nursing home.



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Dancing Raisins

Level of difficulty: Easy

Time to complete: 10 minutes

Questions to ask: What do you think will happen when raisins are added to a cup of clear carbonated soda? Will they sink? Will they float? The results may surprise you, but you'll be rewarded with a sweet snack at the end.

Materials: 2 clear cups, clear carbonated soda, water, and raisins.



The steps:

1. Pour soda into one of the cups and water into the other cup. The cup of water is your scientific control.
2. Add a few raisins to each cup one by one.

Observations: How do the raisins in the cup of water compare with the raisins in the soda? Now Try this! What other small objects do you think will dance in soda? Some ideas to try include beads, other dried fruit, corn kernels, lentil beans, and dried pasta.

The Hows and Whys: Tiny bubbles of carbon dioxide in the soda attach to the uneven surface of the raisins. All of the little wrinkles on the raisins provide nucleation sites for the carbon dioxide bubbles. When enough bubbles attach to a raisin, it floats to the top of the cup as if it is wearing hundreds of tiny life preservers. Those bubbles pop at the surface and the raisin floats back down, ready to pick up more bubbles. This creates the effect that they are dancing in the cup!

STRESS-BUSTERS

Try creative arts.
The creative arts can help you express yourself, calm your mind and feel better. Painting, ceramics, scrapbooking, photography, and journaling can be great stress busters!



JOKES OF THE DAY

Why couldn't they play cards on Noah's ark?...

HA
HA
HA

Because Noah was standing on the deck!

HA
HA
HA

#stickwithyourY

"The Y was there for our family when we needed support. We graciously ask the Y to allow us to continue to be members. Thank you!"

-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.



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