



YMCA OF THE NORTHWOODS • Monday, April 13th, 2020

HEALTHY @ HOME



Look for something positive in each day, even if some days you have to look a little harder.

Welcome to our **Healthy@Home Newsletter!** Every issue features ways to stay active, connected- and of course have a little fun! Get moving with 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

Jello Arms:

The name says it all. This workout will have your arms feeling a bit like Jello at the end. This workout can be done with dumbbells or resistance bands. For an added bounus repeat the whole circuit 2-3 times.

Warm Up:

- 20 Arm Circles forwards and 20 backwards
- 25 Jumping Jacks
- 30 sec Front Punches
- Arm Swings (give yourself a big hug! Then open wide)
- 25 Jumping Jacks

The Workout:

- 10 Pushups
- 25 Tricep Kickbacks (left)
- 25 Tricep Kickbacks (right)
- 25 Bicep Curls to Front Press
- 20 Lateral Raises
- 25 Tricep Dips
- 25 Upright Rows
- 20 Single- Arm Shoulder Press (left)
- 20 Single- Arm Shoulder Press (right)
- 25 Chest Press
- 25 Shoulder Fly
- 20 Bent Over Rows

Cool Down:

Easy movement & stretch.



LES MILLS BARRE #07 (30 minutes)



55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Tai Chi for Active Older Adults

Tai Chi movement patterns consist of continuous, fluid and precisely-controlled movement forms in a specific sequence and have been around for centuries. Tai Chi is a great fit for active older adults because it improves balance and enhances cognitive function, both of which decrease the risk of falls and boost overall well-being. Scientists have extensively studied the benefits of Tai Chi.



Check out this short online Tai Chi class!



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- Rules are designed to help keep us safe and to be considerate of other people.
- Lifeguards enforce the rules at swimming areas.
- Always listen to the lifeguard and follow the rules.

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

Solo or Partner Balloon Volleyball

This fun family (or solo) activity is so simple, it hardly even needs an explanation. You can play with as many people as you have in your family, or play on your own.

What you'll need: One or more balloons

Object of the game: Keep the balloon up in the air without letting it touch the ground.

If you are playing alone, just keep the balloon up by hitting it with both hands. See how long you can go before it hits the ground.

If playing with a group, stand about 6 feet apart (you know, proper social distance) and volley the balloon back and forth between players to keep it from touching the ground.



STORY TIME WITH ELLYSE

Today's story time is "Brown Bear, Brown Bear, What do you see?" By Bill Martin Jr. & Eric Carle, read by Y Wellness Director, Ellyse Kulba. A big happy frog, a plump purple cat, a handsome blue horse, and a soft yellow duck — all parade across the pages of this delightful book designed to help toddlers associate colors and meanings to objects.

School Age Storytime Challenge: Eric Carle uses collage to create his illustrations. Collage art is created by cutting different pieces of paper into different shapes and creating a picture out of it. Ask your parents if you can cut colors out of a magazine to "color in" a coloring book page.



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Crystal Garden

Level of Difficulty: Medium

Time to Complete: 12 hours

Questions to Ask: There are numerous examples of crystals that exist in nature, such as diamonds, pyrite, amethyst, and quartz. Have you ever wondered how crystals grow? Find out by growing your own salt crystal garden!

Materials: Epsom salt, clear glass jar, hot tap water, small pom-pom, and measuring cups.

The Steps:

1. Measure 1 cup of epsom salt and place it in the jar.
2. Measure 1 cup of very hot tap water and add it to the salt.
3. Stir the mixture well. It's fine if there is undissolved salt at the bottom of the jar.
4. Throw in the pom-pom and stir it up.
5. Place the jar in the refrigerator where it won't be disturbed and leave it overnight.
6. In the morning, check to see if the crystals grew. Carefully pour off the excess liquid from the jar to examine the crystals more closely.
7. It's okay to touch the crystals. Just be aware that they are delicate and may crumble.

Observations: What do the crystals look like? What does the pom-pom look like?

Now Try This! Try growing crystals with other kinds of household materials to see how the crystals are similar or different. Some ideas to try include baking soda, table salt, sugar, or borax. (you may need to leave the jar in the refrigerator for a longer period for other crystals to form.)

The Hows and Whys: More salt dissolves in hot water than in cooler water, creating an unstable supersaturated solution. As the solution cools down, the salt molecules come out of solution and crystallize easily onto any surface they tick to. The pom-pom is in the solution to provide nucleation sites, or uneven surfaces on which the crystals can easily start to grow.



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STRESS-BUSTERS

When in doubt, dance it out!
Dancing is a miracle activity. It requires minimal equipment and is seriously efficient at getting the blood pumping. There are so many fun ways to work dancing into your day!



JOKES OF THE DAY

What did the big flower say to the little flower?...

HA
HA
HA

Hi, bud!

HA
HA
HA

#stickwithyourY

“Words can’t express how much we miss the Y. You are an important part of our family. Stay safe!”

-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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