

the  YMCA OF THE NORTHWOODS • Friday, April 17th, 2020
HEALTHY @ HOME



Hope is the little voice
whispering “maybe”,
when the whole world is
shouting “no”.

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

5 Minute Bodyweight EMOM 2.0

This EMOM workout is a bit different than the last one we did. Instead of performing an exercise on the minute and then resting for this one on every two minutes you will do 10 reps of all 6 exercises and then rest until then next 2 minutes for 15 minutes.

Warm Up:

- 30 sec Jumping Jacks
- 30 sec Jog in Place
- 16 Squats with Alternating Knee Lift
- 8 inchworms
- 16 Alternating Side Lunges
- 45 sec Jumping Jacks

The Workout:

Repeat every 2 min

- 10 Push Ups
- 10 Sit Ups
- 10 Air Squats
- 10 Box Jumps
- 10 Tricep Dips
- 10 Jump Lunges

Cool Down:

Easy movement & stretch.



**YOGA WITH LAUREN
INNER WARRIOR**
(20 minutes)

55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Improve Your Memory

Here's a simple way to test your recall and keep your mind sharp! Make a list, any list. It could be a list of grocery items, things to do, or anything else that comes to mind. Then memorize your list. An hour or so later, see how many items you can remember from it. You can make the items more challenging every time you try this activity for even greater mental stimulation.



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AQUATICS

TIP OF THE DAY

Responsible boaters wear their life jackets!

Things to Know:

- The best lifejacket is the one you will wear.
- Certain lifejackets are designed to keep your head above water and help you remain in a position that permits proper breathing.
- Some styles of lifejackets are not intended for weak or non-swimmers (read the label and be honest).
- To meet U.S. Coast Guard requirements, a recreational vessel must have a U.S. Coast Guard Approved lifejacket for each person aboard.
- Lifejacket wear regulations for children may vary by state.
- Adult-sized lifejackets may not work for children. Child size lifejackets are available.
- When worn correctly a foam filled lifejacket will fit snugly, and will not allow the lifejacket to rise above the wearer's chin or ears.
- Foam filled lifejackets should be tested for wear and buoyancy at least once a year. Waterlogged, faded, or otherwise damaged lifejackets should be discarded.
- Inflatable lifejackets should be maintained per the manufacturer's instructions.
- Most adults only need 7 to 12 pounds of buoyancy (31 to 53 Newton) to keep their heads above water.



FAMILY FUN & GAMES

AROUND THE HOUSE

Blind Taste Test

Do you trust your family members? Put that trust to the test with a blind taste test! Prep small cups with random foods of any kind for your kids to taste without looking. Using foods with similar consistency makes it trickier! Have the kids try the food and guess what it is. See how many they can get correct out of 10! Then, it's payback time... The kids get to pick the food and the adults do the guessing. We recommend making one rule though - it must be edible!



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STORY TIME WITH ELLYSE

Today's story time is "Pout-Pout Fish" by Isabel, read by Y Wellness Director, Ellyse Kulba. The pout-pout fish believes he only knows how to frown, even though many of his friends suggest ways to change his expression, until one day a fish comes along that shows him otherwise.

School Age Storytime Challenge: Can you help others in your life spread the cheery-cherries? Help make others in your family happy by smiling extra today. Can you think of other ways you can spread cheery-cherries to your family?



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Sky and Sunset Jar

Level of Difficulty: Easy

Time to complete: 10 minutes

Questions to Ask: Why is the sky blue? Why does it look pink or orange during sunset and sunrise? Create your own sky in a jar and discover for yourself why the sky appears different colors at different times?

Materials: Clear glass jar or cup, milk, water, flashlight, and measuring cups and spoons.

The Steps:

1. Measure 2 teaspoons of milk and add it to a jar.
2. Fill the jar with 2 cups of water and mix it with milk to make a cloudy white mixture.
3. In a dark room, hold a flashlight to one side of the jar and shine it through the jar.
4. Next, move the flashlight so that it is behind the jar, pointing directly at you.

Observations: What color is the mixture when the flashlight shines through the jar on the side? What about when it is behind the jar? **Now Try this!** How does the color of the mixture change if you add more or less milk? How does this apply to the sky outside? The Hows and Whys: White light from the sun is made of all the colors of the rainbow. You can see this when sunlight passes through a prism. Each color travels through the air in waves of different sizes. Blue light has a shorter wavelength than red light, meaning that blue light travels in short, choppy waves and red light travels in long, lazy waves. When sunlight enters Earth's atmosphere, it is scattered in many directions by gases in the air, such as oxygen and nitrogen. Because blue light has a short, high-frequency wavelength, it gets scattered the most. This causes the sky to appear blue when you look at it during the day. Red light's wavelength is longer, with a lower frequency, so it gets scattered the least by the atmospheric gas molecules. When the sun is lower in the horizon at sunrise or sunset, its light passes through more of the atmosphere to reach your eyes. Most of the blue light has been scattered out and away from the line of sight, leaving the reds, oranges and yellows to pass straight through to your eyes.



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STRESS-BUSTERS

Seek silence.

When all else fails, seek silence. Turn everything off -- cell phone, computer, TV, annoying co-worker -- and just be with yourself.



J  **KE**
OF THE
DAY

HA
HA
HA

Why can't atoms
be trusted?...

**Because they
make up everything!**

HA
HA
HA

#stickwithyourY

**"We will look forward to revisiting...
In the meantime, keep up the good work
and the mission of the Y."**

-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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