



the  YMCA OF THE NORTHWOODS • Monday, April 20th, 2020

HEALTHY @ HOME



“ Being happy doesn’t mean everything’s perfect. It means you’ve decided to look beyond the imperfections. ”

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

AMRAC

As Many Rounds As You Can! (AMRAC) – You have seen this one before (and you will see it again...in two weeks) Can you beat what you did the last time? For this workout, complete the Warm Up, then set your watch for 20 minutes and see how many times you can get through The Circuit. Don't forget to take breaks as you need! Finish off with a 5 minute cool down and stretch. If you want, post how many full rounds you were able to get through. Feel free to challenge a friend to this workout!

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 Circuit:

- 20 Box Jumps or Stair Hops
- 20 Pushups
- 20 Burpees
- 20 Crunches
- 20 Squats

Cool Down:

Easy movement & stretch.



LES MILLS GRIT
#29 Athletic
(28 minutes)

55+ STAY CONNECTED

55/55/55 Fitness Challenge

Complete 55 miles in 55 days.
Open to anyone 55+ years old.

Starts next Monday, April 27th!
Walk, run, take a virtual class, or
use weights for strength training.
Make sure to record your miles
and minutes! Use our log sheet
or a notebook you have at home!
Challenge runs until June 20th.
Everyone who completes the
program wins a prize!

ACTIVE OLDER ADULTS



[Click Here for
the Log Sheet](#)



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SWIM LESSONS

At the Y, our swim lessons build skills, confidence, and character. Our new curriculum focuses on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress more quickly through the various levels. We offer Parent and Child, Preschool and School Age Group Lessons, as well as Private, Semi-Private, and Adaptive Swim Lessons. Visit www.ymcaofthenorthwoods.org for more information.

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

Coffee Filter Tie Dye

We know how important your coffee is these days, but if you can spare a few filters, your kids can turn them into amazing tie dyed artwork!

What you'll need: markers (washable), coffee filters, and water.

Instructions:

- Create a pattern of any kind with the colors of your choice on the coffee filter with markers.
- Spray the coffee filter with water or gently dip into a tub of water.
- Set out to dry.

The colors will melt together creating a cool tie dye effect. Once dry you can turn the coffee filters into butterflies, flowers, or whatever your child dreams up!



STORY TIME WITH ELLYSE

Today's story time is "The School Bus Driver from the Black Lagoon" by Mike Thaler, read by Y Wellness Director, Ellyse Kulba. Rex Fenderbender is the new school bus driver, and rumor has it that he drives like he's racing the Indy 500 and makes the kids rebuild the engine when it breaks down. Are the rumors true? The students will soon find out...

School Age Storytime Challenge: In this book the main character thinks of some very silly things that his bus driver "from the Black Lagoon" would be like. Can you write a short Black Lagoon story? The _____ from the Black Lagoon. What silly things would your main character think of?



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Walking Rainbow

Level of Difficulty: Easy

Time to Complete: 12 hours

Questions to Ask: Have you ever wondered how gigantic trees get water from their roots all the way up to their highest leaves and branches? Making a walking water rainbow is an easy and colorful hands-on way to discover the answer to this question.

Materials: 6 pint-size mason jars or clear cups, water, food coloring (red, yellow, and blue), paper towels, and measuring cups.

The Steps:

1. Add 2 cups of water and 20 drops of red food coloring to a jar. Add 2 cups of water and 20 drops of yellow food coloring to another jar. Add 2 cups of water and 20 drops of blue food coloring to a third jar.
2. Arrange the 6 jars in a circle so that there is an empty jar in between each full jar.
3. Tear off 6 paper towels. Fold each one a few times lengthwise so that it fits easily into the mouth of a jar.
4. Insert the paper towels so that one end touches the bottom of one full jar and the other end touches the bottom of an empty jar. You should have a circle where each jar has 2 paper towels coming into it.
5. Watch and observe what happens over the next few minutes and hours.

Observations: How was a secondary color made in the empty jar?

Now try this! Instead of leaving some jars empty, try filling all of the jars with 2 cups of water. Arrange them in the same circular pattern as above: Blue, clear, red, clear, yellow, clear. What happens?

The Hows and Whys: Paper towels are made from trees, which means they are made of plant fibers called cellulose. Water moves up through cellulose because of 2 forces: Adhesion and cohesion. Adhesion is the attraction between water molecules and cellulose fibers, while cohesion is the attraction between 2 water molecules. Water molecules are attracted to the cellulose fibers, which makes them move through the fibers. However, water molecules are also attracted to one another and continue to pull one another up. Both of these forces working together makes a phenomenon occur called capillary action, meaning that water defies gravity and flows upward!



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STRESS-BUSTERS

Make a rug out of bubble wrap.
Roll out bubble wrap onto your hallway floor and crush those bubbles. Research has proven that this provides as much stress relief as a half-hour massage. Seriously.



JOKES OF THE DAY

What do sprinters eat
before a race?

Nothing... They fast!

HA
HA
HA

HA
HA
HA

#stickwithyourY

**“Please accept this donation as support for you now.
Thank you for all you do and we can’t wait
to get back to our 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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