



the  YMCAs OF THE NORTHWOODS • Wednesday, April 22nd, 2020
HEALTHY @ HOME



Choose to be optimistic,
it feels better.

– Dalai Lama

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

Jump for Joy!

This reverse Pyramid will have you jumping for joy! Do your quick Warm Up then perform each exercise for the set number of reps.

Warm Up:

- 30 sec High Knees
- 30 sec Jog in Place
- 16 Squats (Alternating Knee Lift)
- 8 Inchworms
- 16 Alternating Side Lunges
- 45 sec Butt Kicks

The Workout:

- 50 Jumping Jacks
- 50 Crunches
- 45 Jumping Jacks
- 45 Squats
- 40 Jumping Jacks
- 40 Crunches
- 35 Jumping Jacks

The Workout continued...

- 35 Alternating Lunges
- 30 Jumping Jacks
- 30 Squats
- 25 Jumping Jacks
- 25 Push-Ups
- 20 Jumping Jacks
- 20 Alternating Lung Jumps
- 15 Jumping Jacks
- 15 Jump Squats
- 10 Jumping Jacks
- 10 Bicycle Crunches
- 5 Jumping Jacks
- 5 Burpees



MOSSA POWER 3
(30 minutes)

Cool Down:

Easy movement & stretch.



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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AQUATICS

TIP OF THE DAY

Did you know Oneida County alone has 1 129 lakes!

Lots of kids swim in streams, lakes, or ponds. Take extra care when swimming in these beautiful places. You can't always see the bottom of the lake or pond, so you don't always know the depth of the water. This is another reason to always swim with an adult.

Although the fish swimming around won't hurt you, some ponds and lakes may hide jagged rocks, broken bottles, or trash. Wear something to protect your feet. Also, watch out for weeds and grass, which can trap even a good swimmer. If you panic and try to yank yourself free, you may get even more tangled. Instead, shake and pull your arms and legs slowly to work yourself loose and call for an adult's help.

If you're going out on a boat, always wear a life jacket. (Again, the life jacket should be Coast Guard-approved.) Even if you are a good swimmer, something could cause the boat to tip over and you could be trapped underneath.



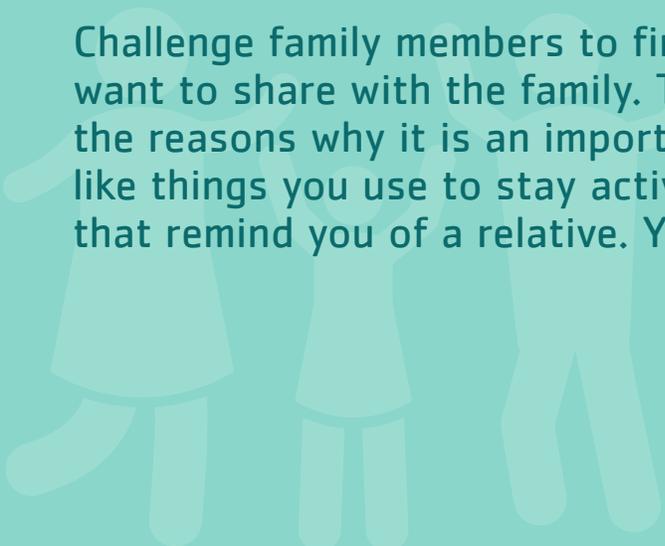
FAMILY FUN & GAMES

AROUND THE HOUSE

Show and Tell

Show and Tell isn't just for school, **have a family show and tell night!**

Challenge family members to find something important to them that they want to share with the family. Then take turns showing the item and sharing the reasons why it is an important or loved item. You can choose a theme - like things you use to stay active, things that make you feel happy, or things that remind you of a relative. You'll be surprised what you might learn!



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STORY TIME WITH ELLYSE

Today's story time is "It Looked Like Spilt Milk" by Charles G. Shaw, read by Y Wellness Director, Ellyse Kulba. It looked like spilt milk, but is that what it really is? Listen and see if you can guess what it is...

School Age Storytime Challenge: Go outside on a day where there are clouds in the sky. See how many different things you can see in the clouds.



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Balloon Cannon

Level of Difficulty: Easy

Time to Complete: 30 minutes

Questions to Ask: Can you use a balloon to knock down a stack of cups 5 feet away? It may be harder than you think.

Materials: Paper or plastic cups, party balloons, clothespin or chip clip, tape, feathers, drinking straws, cardboard tubes, and/or cardstock.

The Steps:

1. Set up the cups in a stacked pyramid.
2. Stand about 5 feet away. Inflate a balloon, aim it at the stack of cups, and let it fly. Did it knock down the pyramid?
3. Inflate the balloon again. Twist the neck and attach a clothespin to it to keep the balloon closed.
4. Use tape and your other materials to add wings or fins or a nose to the balloon. Aim it at the stack of cups, take off the clothespin, and see if it flies any straighter.
5. Keep experimenting and see if you can design a balloon cannon that will predictably shoot in a straight line.

Observations: Does adding wings or fins or a nose to the balloon change its trajectory? Does it fly any straighter? Does the path of the balloon depend on the way or the location from which it is released?

Not Try This! Once you have mastered the balloon cannon from 5 feet, step back 10 feet from the cup pyramid and see if you can knock it down with the balloon from this distance.

The Hows and Whys: A deflating balloon spins in circles because the air rushing out of it exits at an angle. Since the neck of the balloon is flexible, it wobbles with the force of the releasing air, causing it to rotate. In order for the balloon to fly in a straight line, the air rushing out of it has to create a force exactly in the center of the balloon.



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STRESS-BUSTERS

Share some RAK.

Do something above and beyond--a random act of kindness (RAK)--for someone else. Share your kindness in little or big ways.



JOKES OF THE DAY

HA
HA
HA

Why was Cinderella bad at soccer?

Because she always ran away from the ball!

HA
HA
HA

#stickwithyourY

“If it is not too much trouble unfreeze our membership please! I was talking with my husband and even though we don't use it much it's crazy important for our community!”

-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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