



the  YMCA OF THE NORTHWOODS • Wednesday, April 29<sup>th</sup>, 2020

# HEALTHY @H<sup>HOME</sup>ME



Try to be a rainbow  
in someone's cloud.

– Maya Angelou

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

### Killer Cardio!

For this workout you have 14 exercises back to back without rest (unless you need to). Take a 1 minute break between sets. Repeat up to 3 times!

### 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

### Cool Down:

Easy movement & stretch.

### The Workout:

10 Burpees  
20 Jumping Jacks  
10 Push Ups  
20 Squat Jumps  
20 Mt. Climbers  
30 sec Plank  
20 Squats with Arm Raises  
10 Push Ups  
30 sec Air Jump Rope  
10 Burpees  
30 sec Plank  
20 Squat Jumps  
20 Mt. Climbers



**MOSSA FIGHT 4**  
(30 minutes)

## 55+ STAY CONNECTED

## ACTIVE OLDER ADULTS

Let's continue to keep your brain sharp with a fun word association game. Below you'll see pairs of words. Your goal is to find a third word that is connected or associated with both of these two words. The first pair is **Lock and Piano**. The answer is **Key**. The word **Key** is connected with both the word **Piano** and **Lock**: there are **Keys** on a piano and you use a **Key** to lock doors. Try your best.. then check out the solutions!

- **Lock – Piano**
- **Ship – Card**
- **Tree – Car**
- **School – Eye**
- **Pillow – Court**
- **River – Money**
- **Bed – Paper**
- **Army – Water**
- **Tennis – Noise**
- **Egyptian – Mother**

**Click Here For  
The Solutions!**



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### Lifeguarding & CPR Classes

Did you know YMCA of the Northwoods offers Basic First Aid/CPR/AED and Lifeguard Classes? Basic First Aid/CPR/AED classes teaches participants basic level training in a classroom setting or E-Learning. E-Learning participants complete the course online, and schedule a time with our ASHI certified instructors to complete the hands on skills assessment. Lifeguarding classes can also be scheduled as classroom or E-Learning. Participants must successfully complete the following prerequisite swimming skills: swim test (550 yards for Waterfront Certification, 300 yards for Recertification), continuous swim using front crawl and/or breaststroke; tread water for 2 minutes using legs only, and brick test. Participants must be 15 years old by completion of course.

[Click Here For More Information!](#)

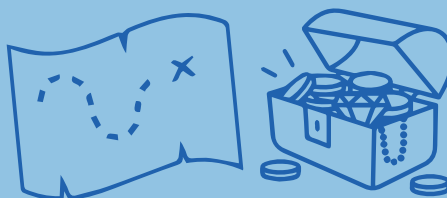


## FAMILY FUN & GAMES

## AROUND THE HOUSE

### Time for a Treasure Hunt

Let your kids create an afternoon of fun for the whole family! Provide your children with a "treasure" - it could be anything. Then set some parameters you feel comfortable with within the house, in the yard, in the apartment, in front of the townhouse... whatever boundaries are appropriate for THEIR age and YOUR comfort level. Now have the kids hide the "treasure" and create a treasure map for you! They can include landmarks, footsteps, turns, etc. Then get ready to hunt! They will enjoy watching you search. Hopefully, the map won't lead you on a wild goose chase. You can also reverse this activity to keep the fun going!



## STORY TIME WITH ELLYSE

**Today's story time is "Lost and Found" by Oliver Jeffers**, read by Y Wellness Director, Ellyse Kulba. Lost and Found tells the story of a boy who finds a penguin at his door and sets about returning the penguin, whom the boy assumes is lost, to his home. Along the way, the two become friends and the boy realizes that the penguin wasn't really lost, just lonely.

**School Age Storytime Challenge:** In the book the boy checked his boat before going out to make sure it was the right size and strong enough. Ask your parents if you can make a paper boat. See if you can get it to float. Can it hold anything without sinking?



## SCIENCE EXPERIMENTS IN THE HOME LABORATORY

### Paper Airplane Challenge

Level of Difficulty: Easy

Time to Complete: 30 minutes

Questions to Ask: Can you construct a paper airplane that glides 10 feet while carrying weight? This creative engineering challenge is fun, engaging, and educational all at the same time.

Materials: Construction paper, tape measure, tape, and coins.

#### The Steps:

1. Fold a piece of construction paper into a paper airplane. Use the internet to research how to fold a paper airplane if you don't already know how.
2. Decide on a starting line and measure 10 feet away from that line using a tape measure
3. Throw the paper airplane forward and see if it glides at least 10 feet. Fold more paper airplanes and make modifications to make them fly farther.
4. Tape coins to the airplanes and measure how far they fly with weight attached. Keep track of the results on a table.

Observations: How many coins can you attach to your paper airplane and still make it fly 10 feet? **Now Try This!** Modify your designs to see if you can construct an airplane that flies farther or straighter with weight attached.

The Hows and Whys: Similar to jumbo jets, paper airplanes fly because of a few different factors. An airplane needs thrust, or energy, to move it forward. This is supplied by your arm. It also needs lift to stay in the air. Lift happens because the air pressure is greater underneath the wings than it is on top of the wings, enabling even very heavy airplanes to glide effortlessly through the air.



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# STRESS-BUSTERS

**Try some light yoga.**  
The combination of deep breathing techniques and poses makes this activity successful in reducing stress.



## JOKES OF THE DAY

HA  
HA  
HA

Why did the golfer bring two pairs of pants...

**In case he got a hole in one.**

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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