



the  Y[®] YMCA OF THE NORTHWOODS • Friday, April 3rd, 2020
HEALTHY @ HOME



Never wait for a perfect moment. Just take a moment and make it perfect.

Welcome to our **Healthy@Home Newsletter!** Every issue features ways to stay active, connected- and of course have a little fun! Check out our newly added sections! 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

Spell Your Name Workout

Find the letters of your name in the list below, and do the activities listed for each letter. Use your first, middle, and last names for an extra challenge! Keep the rest between exercises short to keep intensity up! (if you need more, add some of your family members' names!) Kids can cut the rep count for each letter in half!

EXAMPLE: Use this as your warm up, then move to your name!

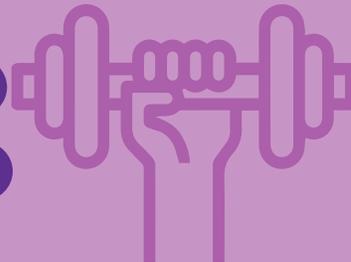
- Y — 50 Jumping Jacks
- M — 20 Speed Skaters
- C — 30 Squats
- A — 30 Planks with Should Taps
- L — 1 Min Plank
- M — 20 Speed Skaters
- N — 20 Dumbbell Triceps Extensions
- O — Side Plank (30 seconds each side)
- P — 20 Forward Lunges (10 each side)
- Q — 2 Min Plank
- R — 15 Push Ups
- S — 50 Jumping Jacks
- T — 20 Squats
- U — 20 Dumbbell Bicep Curls
- V — 20 Crunches
- W — 25 Hip Bridges
- X — 20 Dumbbell Bicep Curls
- Y — 50 Jumping Jacks
- Z — 10 Burpees
- A — 30 Planks with Should Taps
- B — 20 Crunches
- C — 30 Squats
- D — 15 Push Ups
- E — 1 Min Wall Squat/Sit
- F — 10 Burpees
- G — 20 Dumbbell Bicep Curls
- H — 25 Hip Bridges
- I — 30 Jumping Jacks
- J — 15 Crunches
- K — 10 Push Ups



BODYCOMBAT Invincible Workout #04
(15 minutes)

[Y Thrive - Youtube](#)

[Y Thrive - Facebook](#)



55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Getting Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state. With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation.
That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem.
Talk with your doctor about treatment.



AQUATICS

TIP OF THE DAY



the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER SAFETY TIPS

TEACH THEM EARLY
Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES
Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

WHO'S YOUR BUDDY?
Never let children swim alone; always designate swimming buddies before visiting the beach or pool.

DON'T BE PUSHY
Instruct children to never run, push or jump on others in and around the pool.



WEAR SUNSCREEN
Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.

SUIT UP!
Make sure children always wear life jackets and use proper water safety and flotation devices.

GET CERTIFIED
Become certified in infant and child First Aid and CPR.

I'M ON A BOAT!
Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.

STAY HYDRATED
Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

Swim Lessons with the Y

FAMILY FUN & GAMES

AROUND THE HOUSE

Marble Rollercoaster Challenge

You don't have to be a professional rollercoaster designer to engineer some fun with this creative STEAM activity!

Materials:

- Paper towel rolls
- Marbles
- Other random things (paper, tape, cardboard, plastic tubes, etc.)

Build a roller coaster track with your materials. Get creative! Then drop in your marbles and test how long it takes for the marble to reach the bottom!

School Age Family Fun Challenge:

Add some dominoes to the start of the race. Can you build a chain reaction?



YMCA OF THE NORTHWOODS • Friday, April 3rd, 2020

HEALTHY @ HOME

STORY TIME

WITH MATT

Today's story time is "Bear Wants More" by Karma Wilson and Jane Chapman read by Y Youth and Family Director, Matt Steingraber. When springtime comes, in his warm winter den a bear wakes up very hungry and thin! Bear's adventures (like being too fat to fit through the doorway) will entertain and delight young readers.

School Age Storytime Challenge: Are you eating too much like the Bear? Track how much you have eaten today and see. Check out these guidelines for kids, but remember everyone is different!

[Click Here](#)



SCIENCE EXPERIMENTS

IN THE HOME LABORATORY

Tornado in a Bottle

Level of difficulty: Easy

Time to complete: 20 minutes

Questions to ask: Can you capture a tornado in a bottle? Grab a few supplies and get spinning.

Materials: (2) 2-liter plastic bottles, water, beads or small wadded bits of paper, metal washer, & duct tape.

The Steps:

1. Fill one bottle about $\frac{3}{4}$ full of water. Add some beads to the bottle. (This will make the tornado easier to see.)
2. Place a metal washer on the lip of the bottle.
3. Position the empty bottle upside down so its mouth is on top of the washer.
4. Use duct tape to secure the bottles together
5. Flip the bottles over, so that the empty one is on the bottom, and observe what happens.
6. When all the water has drained from the top bottle into the bottom bottle, flip them over again. This time, swirl the bottles in a circular motion and observe what happens.

Observations: What method empties the water from the bottle the fastest?
Now Try this! Experiment to discover the quickest way to transfer all the water from one bottle to another. Shake, squeeze, swirl, or let it sit to find out which method works the best.

The Hows and Whys: When you swirl the bottles, it creates a vortex that makes it easier for air to come in and for water to flow out. Without a vortex, the air and water have to take turns flowing through the mouth of the bottle and may even come to pressure equilibrium- where nothing moves.



STRESS-BUSTERS

Call a friend.

Stress management is one of the great gifts of friendship. When you're under a lot of stress, pick up the phone and talk it out with a trusted friend. You'll likely feel way better by the time you hang up.



JOKES OF THE DAY

What do you call an animal with no body and no nose?

HA
HA
HA

Nobody knows.

HA
HA
HA

#stickwithyourY

“Thank you for all that you do! We are so grateful and love being part of the YMCA of the Northwoods family!!”

-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!



YMCA OF THE NORTHWOODS • Friday, April 3rd, 2020

HEALTHY @ HOME