

the  YMC<sup>®</sup> OF THE NORTHWOODS • Wednesday, April 8<sup>th</sup>, 2020  
**HEALTHY @ HOME**



“ Kindness is a language  
which the deaf can hear and  
the blind can see. ”

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

### Sassy 7's

For seven rounds, you are moving. Pace yourself. These movements should be controlled, deliberate, and purposeful. You should not be going all out to blow through the workout. But notice how push/pull and leg/arm exercises alternate? That means you shouldn't need a ton of rest in between each movement or round either.



**MOSSA CENTERGY 3**  
(30 minutes)

①

#### Warm Up:

- 30 sec Jumping Jacks
- 30 sec Jog in Place
- 16 Squats (alternating knee lift)
- 8 Slow Burpees
- 16 Alternating Side Lunges
- 45 sec Jumping Jacks

②

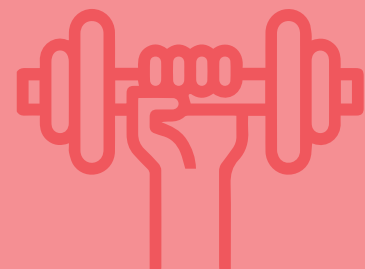
#### The Workout:

- 7 Dips
- 7 Curls
- 7 Weighted Lunges
- 7 Push-Ups
- 7 Bent-Over Rows
- 7 Goblet Squats
- 7 Burpees

③

#### Cool Down:

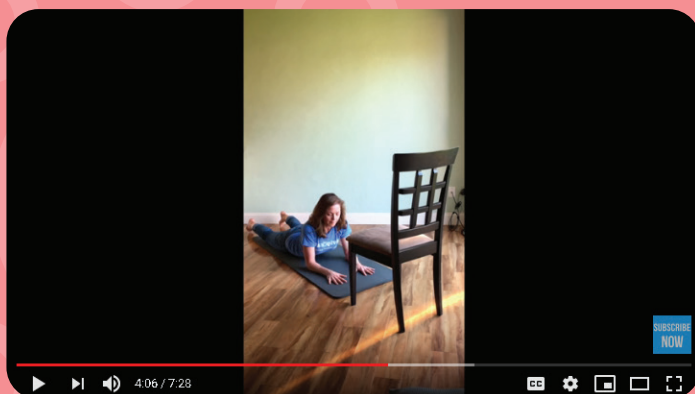
Easy movement & stretch.



## 55+ STAY CONNECTED

## ACTIVE OLDER ADULTS

### Parkinson's Physical Therapy Tip: How to Get On and Off the Floor Safely



Whether or not you are living with Parkinson's Disease, not being able to get off the floor after a fall is a concern for all. Watch this video and practice getting on and off the floor safely.



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# AQUATICS

## TIP OF THE DAY

In Your House and In Your Yard,  
Watch for Water, Be on Guard



Water safety is important wherever there is water—not just at a swimming pool or beach. Did you know that after pools, bathtubs are the second leading location where young children drown? Did you know that 6 inches of fast-moving floodwater can knock over an adult? A person can drown in just a few inches of water. If the water covers the mouth and nose, a person can drown.

### 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

### I Spy

What can you spy with your little eye?

Spice up your daily walks with a little game of I Spy... or is it Eye Spy?? On your next walk around the neighborhood, take turns as a family. One person spies something and they give out one clue, "I spy something tall (or green, or whatever your clue is)." The rest of the family guesses and if wrong they get to ask one yes or no question. One important rule – whatever the person 'spies' must be visible. Each guesser gets to ask 5 yes or no questions before giving their guess. Give everyone a chance to be the spy as you continue on your walk.



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# STORY TIME

# WITH ABBIE

**Today's story time is "Be Brave Little Penguin" by Giles Andrea** read by Y School Age Director, Abbie Cline. Little Penguin Pip-Pip would love to join in with all his friends swimming in the sea, but there's just one problem... he's scared of water. Can Pip-Pip overcome his fears and finally take the plunge?

**School Age Storytime Challenge:** Write down one of your fears. Ask a parent or friend to help you be brave to conquer your fear through encouragement.



# SCIENCE EXPERIMENTS

# IN THE HOME LABORATORY

## Cornstarch Quicksand

Level of Difficulty: Easy

Time to Complete: 30 minutes

Questions to Ask: Do you know how quicksand works? It's easy to sink in but extremely difficult to get out of because it hardens when pressure is applied to it. Make your own quicksand and learn about its unique properties in this super fun and messy science experiment. **CAUTION:** This experiment can get very messy, depending on how much you get into it! When you are done experimenting and playing, throw the cornstarch mixture away in the trash. It will clog the drain if you try to wash it down the sink.

Materials: Large mixing bowl, cornstarch, water, food coloring, slotted spoon, colander, kitchen sieve, and a funnel.

### The Steps:

1. In a mixing bowl, mix 2 parts cornstarch to 1 part water. For example, if you have 1 cup of cornstarch, mix it with  $\frac{1}{2}$  cup water.
2. Add a few drops of food coloring, just for fun. Mix it well.
3. Have fun exploring this mixture. Make a ball of it in your hand and then set it in a slotted spoon or flatten it down into a colander and see what happens.

Observations: What happens to the quicksand when you squeeze it? What happens when you let it go?

Now try this! Experiment with adding more or less cornstarch to the mixture. How does it change the quicksand's behavior? The Hows and Whys: Cornstarch quicksand is a cool example of a non-Newtonian fluid because it gets more viscous when a force is applied and less viscous when that force is removed. In contrast, Newtonian fluids, like honey, become less viscous when the honey is warm and more viscous when the honey is cold.



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# STRESS-BUSTERS

**Jump in the tub.** Warm baths are a great way to unwind and relax. For an extra calming effect, add in eucalyptus or lavender essential oils. If you're not a fan of baths, take a warm shower instead.



## JOKES OF THE DAY

HA  
HA  
HA

Why are teddy bears  
never hungry?...

**Because they're  
always stuffed.**

HA  
HA  
HA

## #stickwithyourY

**"Love the Y and will continue to support your facility through  
this unprecedented time. Can't wait to return to "normal".  
Prayers for your Staff, our Families, and our Nation."**

-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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