



the  Y[®] YMCA OF THE NORTHWOODS • Friday, May 1st, 2020
HEALTHY @ HOME



“ Take responsibility of your own happiness, never put it in other people’s hands. ”

– Roy T. Bennett

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

Jello Legs

We have already done Jello Arms so how about some Jello Legs! It's simple, run through the circuit 2-3 times! Your legs will thank you!

Warm Up:

- 10 Air Squats
- 10 Lunge Twist
- 25 Jumping Jacks
- 10 Side Lunges
- 25 Jumpng Jacks

The Workout:

- 100 Squats
- 90 Walking Lunges
- 80 Mt. Climbers
- 70 Sumo Squats
- 60 Calf Raises
- 50 Glute Bridges
- 40 Curtsy Lunges
- 30 Stair Step Ups
- 20 Squat Jumps
- 10 Burpees
- **Repeat 2-3 Times!**

Cool Down:

Easy movement & stretch.



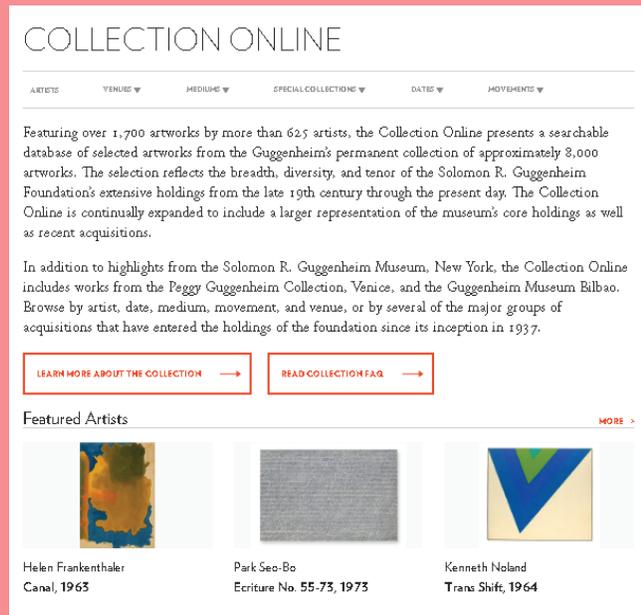
**LES MILLS
GRIT #29 Cardio
(29 minutes)**

55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Artworks Collection Online

Featuring over 1,700 works of art by more than 625 artists, the Collection Online presents a searchable database of selected artworks from the Guggenheim's permanent collection of approximately 8,000 works. The selection reflects the diversity and range of the Solomon R. Guggenheim Foundation's extensive holdings from the late 19th Century through the present day. **Visit the Collection Online today to enjoy!**



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AQUATICS

TIP OF THE DAY

Did you know...

Competitive swimming started in Britain around 1830, and was introduced to the Olympics in 1896. There were six Olympic events planned for a male-only competition, but only four events took place: 100m, 500m, 1200m freestyle and 100m for sailors. Alfredo Hajos from Hungary won the first gold medal in the 100m freestyle.



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

Let's Go Fly a Kite!!

With the beautiful weather coming our way, it is the perfect time to get outside and fly a kite – but why not have even MORE FUN and make your own kite! You can make your own paper bag kite from simple materials you probably already have around the house.

Here's what you'll need:

- Large brown paper grocery bag
- Strong string
- Scissors
- Hole punch
- Masking tape (or paper ring reinforcers)
- School glue or paste
- Paint, crayons, markers, pencils and other lightweight decorating items
- Paper streamers or crepe paper that you can cut into strips

Now visit our friends at Kinderart.com to find out how to make your kite!



STORY TIME WITH ELLYSE

Today's story time is "The Sneetches" by Dr. Seuss, read by Y Wellness Director, Ellyse Kulba. The Sneetches is about two types of creatures, separated by having or not having stars on their bellies. The Star-Belly Sneetches think they are the best, and look down upon Sneetches without stars. This book shows what happens when we put our differences aside! It goes to show that with a little getting to know each other, everyone isn't so different after all.

School Age Storytime Challenge: Everyone has things that are similar and things that are unique about them. What are some things about you that are similar to others? What are some things that are unique and special about you? Draw a picture representing all the things that make you YOU!



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Pom-Pom Drop

Level of Difficulty: Easy

Time to Complete: 30 minutes

Questions to Ask: Can you make a pom-pom drop course that will keep the pom-pom rolling for 10 seconds or more? Learn about gravity, experiment with different angles, and get a hands-on lesson in friction and momentum while building a fun tube slide on the wall.

Materials: Pencil and paper, several cardboard tubes (from paper towels, toilet paper, or wrapping paper), wall-safe tape (masking tape or painter's tape), scissors, pom-poms, and a stopwatch.

The Steps:

1. Use a pencil and paper to sketch out your design for a pom-pom drop course.
2. Tape the cardboard tubes to the wall, using the scissors to trim and cut the tubes as necessary.
3. Drop a pom-pom through the course - time it with a stopwatch to see how long it takes to get from the top to the bottom.

Observations: How long did the pom-pom take to get through the course? What can you do to make it go faster? To make it go slower? **Now Try This!** Drop heavier balls, like marbles or bouncy balls, through the pom-pom drop course. Time how long they each take to get through the course and compare the results. Are they different? Why?

The Hows and Whys: Gravity is the force that pulls objects to the Earth. Even though gravity constantly pulls the pom-pom down, it will travel faster or slower depending on the angles of the cardboard tubes. A steeper angle will allow the pom-pom to go faster and gain momentum as it rolls through the course.

