



the  Y<sup>®</sup> YMCA OF THE NORTHWOODS • Wednesday, May 13<sup>th</sup>, 2020  
**HEALTHY @ HOME**



**Relax, worry is  
infamous for being  
inaccurate.**

– Karen Salmansohn

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

## 25 Minute CORE Blast

### Warm Up:

- High Knees (30 sec)
- Jumping Jacks (1 min)
- Frankenstein's (30 sec)
- Opposite Knee Grabs (1 min)
- Side Lunge Opposite Arm Overhead Reach (30 sec each side)
- Air Jump Rope (1 min)

### The Workout:

- Reverse Lunge with Weighted Torso Twist (alternating 1 min)
- Weighted Hip Bridge (40 sec)
- Top Half Pulse Hip Bridge (20 sec)
- Weighted Crunches (40 sec)
- Top- Half Pulse Weighted Crunches (20 sec)
- Low-to-High Plank (alternating leading arm 30 sec)
- Superman's (30 sec)
- Side Hover Hip Lifts R (40 sec)
- Top Half Side Hover Pulses (20 sec)
- Side Hover Hip Lifts L (40 sec)
- Top Half Side Hover Pulses (20 sec)
- Plank Hold (1 min)
- Repeat 3x**

### Cool Down:

Easy movement & stretch.



**YOGA WITH LAUREN BALANCE & BLOCKS**  
(19 minutes)

# 55+ STAY CONNECTED

We are 17 days into the 55/55/55 Challenge. It is not too late to participate! If you are 55+ years old, accumulate 55 miles in 55 days you are a winner!! Click below for additional information and a log sheet to record your miles. (or just record on your calendar). Most outdoor activities count. The log sheet has conversion information for strength training, video classes, etc. Join other older adults to stay active and healthy during this time. If nothing else during this challenging time we have learned that being healthy and active is very important!

# ACTIVE OLDER ADULTS

[Click Here for the Log Sheet](#)



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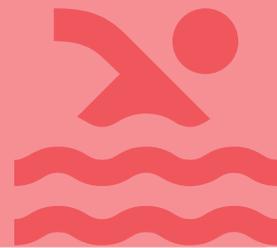
### Pool Safety

Stay Close, Be Alert, and Watch!

- Always watch your children and never leave them unattended
- Keep children away from pool drains, pipes, and other openings
- Have a phone close by at all times
- If a child is missing, check the pool first
- Share safety instructions with family, friends, and neighbors

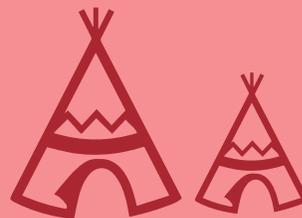
### Home Activities & Dry Land Practice

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.



### Stick Teepee Building Challenge

This may be a teepee for toys rather than humans, but it's still fun to create! Plus, it's a great way to get outside and be creative on a nice day. Search for long sticks to serve as the structure of your teepee. Then work with your child to figure out how to best hold sticks in place to create a teepee. What sort of supplies can you find around the house or the yard that you can use to make your structure sturdy? For a little more fun, take an old t-shirt or piece of sheet or towel to drape over the teepee. Be sure to send us photos of your teepee creations!



# STORY TIME

# WITH ABBIE

Today's story time is "Not a Box" by Antoinette Portis, read by Y School Age Director, Abbie Cline. A box is just a box...unless it's not a box. Inspired by a memory of sitting in a box on her driveway with her sister, Antoinette Portis captures the thrill when pretend feels so real that it actually becomes real—when the imagination takes over inside a cardboard box, and through play, a child is transported to a world where anything is possible.

**School Age Storytime Challenge:** After reading this book aloud, continue the fun by drawing shapes like a triangle or circle, and asking your child what the triangle is NOT!



# SCIENCE EXPERIMENTS

# IN THE HOME LABORATORY

## Marker Chromatography

Level of Difficulty: Easy

Time to Complete: 20 minutes

Questions to Ask: How many different dyes combine to make black ink? This artistic science experiment uses chromatography to separate marker ink into each of its individual dyes. Chromatography is not only used every day in professional chemistry and biology labs, it is also a great way to create cool art.

Materials: Coffee filter, washable markers, craft stick, binder clip, pint-size jar (put some water in the bottom), & paper towel.

### The Steps:

1. Use markers to draw a design on a coffee filter. It can be circular or asymmetrical—whatever you feel inspired to draw.
2. Fold the coffee filter in half and then in half again.
3. Attach a craft stick to the top of the coffee filter with a binder clip.
4. Place the coffee filter in the jar of water (suspended by the craft stick) so that the bottom tip is touching the water. Leave it there for a couple of minutes and observe what happens.
5. When the water line reaches the top of the coffee filter, pull it out of the water, unfold it, and let it dry on a paper towel.

Observations: What changes did you notice while the coffee filter was suspended in water? **Not Try This!** Compare the different bands each marker produces through chromatography. Which marker ink contains the most colors?

The Hows and Whys: Marker inks are made from many different colored dyes. This is most obvious with dark colors, such as black and purple. Each dye is made up of different chemicals, some heavier and some lighter, that travel at different rates with the water as it moves them up the paper. The heavier dyes will separate out first and move more slowly, while the lighter dyes keep moving faster up the paper, creating a tie-dyed or washed-out effect.



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# STRESS-BUSTERS

## Body scan.

This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection.



# JOKES OF THE DAY

HA  
HA  
HA

Why don't they play  
poker in the jungle?...

Too many cheetahs.

HA  
HA  
HA

## #stickwithyourY

“Please accept this donation as support for you now.  
Thank you for all you do and we can't wait  
to get back to our 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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