



* YMCA OF THE NORTHWOODS • Friday, May 15th, 2020 HEALTHY @H ME



The greatest discovery of all time is that a person can change his future by merely changing his attitude."

Oprah Winfrey

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

Stop Crying You're Fine

For this workout you will need a set of dumbells (and a kettlebell if you have one) it's 3 rounds of fun!

Warm Up:

- 30 sec boxers bounce or march in place
- 30 sec high knees (as fast as you can)
- 30 sec butt kicks (as fast as you can)
- 30 sec arm windmills (both directions)
- 30 sec squats
- 30 sec reverse lunge (alternating legs)
- 30 sec jumping jacks
- 30 sec skaters
- 30 sec slow burpees

The Workout:

- 30 squat thrusts
- 25 kettlebell swings
- 20 weighted lunges
- 15 kettlebell swings
- 10 renegade row with pushups
- 5 kettlebell swings



Easy movement & stretch.







55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Has Your Vision Been Foggy Lately?

Like many of us, you will be wearing a mask much more frequently then you ever have before. Wearing a mask helps keep germs from spreading from person to person and is highly recommended when you have to go out for essential errands. If you wear glasses, you might be wondering how in the heck to wear a mask and glasses at the same time without your glasses constantly fogging up. Well it's your lucky day, because we found the answer for you.

Enjoy this helpful article - Click Here







AQUATICS

TIP OF THE DAY

May is National Water Safety Month! Keep your little ones safe this summer!

- Always supervise children when swimming, bathing, or playing in water.
- Wear a Coast Guard approved life jacket if you can't swim.
- Don't swallow the water and avoid swimming when you have diarrhea.
- Teach kids to swim it's the best way to stay safe in the water!

Visit...
www.nationalwatersafetymonth.org
for more tips on playing
it safe this summer.





FAMILY FUN & GAMES

AROUND THE HOUSE

Give To Your Neighbors

Teach your kids about giving, and have them bake something, or pick flowers to give to a neighbor. It's a great way to get to show appreciation to the people who live near you, but also teach generosity too. Remember social distancing. We recommend you call ahead or ring the door bell and back away to a safe distance before your neighbors come outside!



STORY TIME WITH ABBIE

Today's story time is "Taylor Tiptoe" by Elanor Best read by Y School Age Director, Abbie Cline. Taylor Tiptoe may only come up to ankle height, but she's got a BIG dream: to dance the princess role in this year's Summer Showcase! What will Taylor do to land the princess role? And will she make it to the audition in time? Find out in this sweet tale about believing in yourself!

School Age Storytime Challenge: Do you have any big dreams?! Maybe something to accomplish by the end of the summer? Talk to your parents about reaching your dreams! Anything is posssible if you believe in yourself!





SCIENCE EXPERIMENTS

IN THE HOME LABORATORY

Hanging in the Balance

Level of Difficulty: Easy

Time to Complete: 20 minutes

Questions to Ask: Can you make your own simple balance and use it to compare the weight of different objects? Use pennies as a unit of measurement to determine how many pennies each object weighs, and have fun comparing objects from around the house.

Materials: 2 plastic cups, hole puncher, string, scissors, plastic or wooden clothes hanger, tape, objects from around the house to weigh (such as coins, small toys, cereal, and crayons), and several pennies.

The Steps:

- 1. Use a hole puncher to punch 2 holes in each cup directly across from each other about 1 inch below the rim.
- 2. Use scissors to cut 2 pieces of string about 2 feet long.3. Thread 1 piece of string through the holes in one cup. Loop it over the base of a clothes hanger and tie the string together.
- 4. Repeat with the other piece of string and the other cup.
- 5. Adjust the cups so that they are on opposite sides of the hanger.
- 6. Place the hanger on a doorknob or a level bar for hanging clothes or towels
- 7. Adjust the position of the cups on the hanger until the base of the hanger is parallel to the floor. Tape the strings to the hanger so that they don't slide around
- 8. Place household objects in the cups and watch what happens. Make a hypothesis about which objects are heavier than others and test them on your hanger balance to see if your hypothesis is correct.
- 9. Place an object in one cup and then place pennies in the other cup, one by one, until the balance is parallel. Discover how many pennies each object weighs.

Observations: How many pennies does each object weigh? Now Try This! Experiment to see what happens if you shorten the handles on one cup or move one cup toward the center of the hanger.

The Hows and Whys: The balance will always tip to the side that holds the heavier object. When the cups hold objects with equal weight, the hanger will be parallel to the ground.

STRESS-BUSTERS

Listen to Music. Listening to music you like can be a good way to relieve stress.





What did the shark say when he ate the clownfish?

This tastes a little funny.

HA HA

#stickwithyourY

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!