



YMCA OF THE NORTHWOODS • Monday, May 18th, 2020

HEALTHY @ HOME



Today will never come again.
Be a blessing. Be a friend.
Encourage someone. Take
time to care. Let your words
heal, and not wound.

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

AMRAC

For this workout, complete the Warm up, then set your watch for 20 minutes and see how many times you can get through The Circuit. Don't forget to take brakes as you need! Finish off with a 5 minute cool down and stretch. If you want, post how many full rounds you were able to get through. Feel free to challenge a friend to this workout!

Warm Up:

- 30 sec Jumping Jacks
- 30 sec Jog in Place
- 16 Squat with Alternating Knee Lift
- 8 Inchworm
- 16 Alternating Side Lunges
- 45 sec Jumping Jacks

The Circuit:

- 20 Box Jumps or Stair Hops
- 20 Pushups
- 20 Burpees
- 20 Crunches
- 20 Squats

Cool Down:

Easy movement & stretch.



MOSSA GROOVE 2 (25 minutes)

55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Your messy house could be raising your blood pressure, spiking your stress hormones, and expanding your waistline. To get healthy, get organized.

The clutter in your house: Sometimes it seems to have a life of its own. It piles up on the kitchen counter, stuffs the garage, overflows from every closet and cubby. Maybe you trim some of it away, but when you're not looking, it multiplies. That clutter is probably making your life disorganized and your days inefficient. The average American spends 2.5 days a year looking for stuff they can't find, according to one survey. And all told, Americans shell out nearly \$3 billion a year replacing what's gone missing. But worst of all, clutter could be making you sick. In one study, women who felt they lived in a cluttered home had higher levels of the stress hormone cortisol, which is linked to increased risk of cardiovascular disease. When everything's out of place, your mind goes on sensory overload. In turn, your ability to focus, process information, and think clearly goes out the window. Trouble sleeping? That could be related to clutter too. And an Indiana University study found that people who kept a shipshape home were healthier and more physically active than those with messy houses. "Clutter is bad for your health," says Peter Walsh, an organizing expert and author of *Let It Go: Downsizing Your Way to a Richer, Happier Life*. "It's connected to poor eating habits, stress, heart problems, and difficulty focusing. And that clutter makes it harder to clean, which can cause respiratory disorders because of higher levels of dust mites and allergens." Plus, certain kinds of clutter, such as stacks of old magazines or albums piled next to the sofa, can increase your risk of falls at home—a serious concern for older adults. Clutter, Walsh says, even impacts our relationships. "We may be embarrassed about how our home looks, and the mess can make our visitors feel uncomfortable," he says. "That may add up to social isolation, which can have a big impact on health." The takeaway? If feeling happy, content, and generally healthy is your goal—it's time to get a handle on your clutter.

Get started with Walsh's four-step blueprint - [Click Here!](#)

AQUATICS

TIP OF THE DAY

Did you know...

Synchronized swimmers do not touch the bottom of the pool. Twists, pointed toes, lifts, and splits are just some of the moves that routines require. During a performance, while swimmers are completing gravity-defying moves, they are not touching the bottom of the pool. They practice and compete in at least 9 feet of water or deeper. They do all of this while lifting each other up as well.



FAMILY FUN & GAMES

AROUND THE HOUSE



Raid The Recycling!

Get crafty, and raid your recycling to make fun creations. Turn your trash into art just by adding some glue, a bit of sparkle and a whole lot of creativeness. Don't worry if you mess up, it was going in the recycling bin anyways!



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STORY TIME WITH ABBIE

Today's story time is "Grumpy Pants" by Claire Messer, read by Y School Age Director, Abbie Cline. Have you ever had a grumpy day and not known why? Penguin is having a grumpy day like that. No matter what he does, he just can't shake it! Sometimes the only thing left to do is wash the grumpy day away and start over.

School Age Storytime Challenge: What are some things that make you feel better when you're having a grumpy day? Don't worry, you won't feel grumpy for long!



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Craft Stick Catapult

Level of Difficulty: Medium

Time to Complete: 40 minutes

Questions to Ask: Can you build a catapult out of simple craft supplies and launch different projectiles across the room? Measure how far each object flies and modify the catapult to maximize this distance. CAUTION: Ask an adult to help with the hot glue gun.

Materials: 7 jumbo craft sticks, 5 rubber bands, plastic bottle cap, hot glue gun and glue sticks tape measure, projectiles to launch (such as marshmallows, pom-poms, pencil top erasers, and cotton balls).

The Steps:

1. Make a stack of 5 craft sticks and secure them together with a rubber band on each end. This is the fulcrum.
2. Secure the remaining 2 crafts sticks to each other on one end with a rubber band. This is the flinger.
3. Wedge the fulcrum halfway between the open ends of the flinger.
4. Loop another rubber band around the closed end of the flinger a couple of times, leaving enough give in the rubber band to loop it once or twice around one end of the fulcrum. Repeat with another rubber band but attach it to the other side of the fulcrum so that the flinger and the fulcrum stay together.
5. Use hot glue to attach a plastic bottle cap to the closed end of the flinger.
6. Place a projectile in the bottle cap. Hold the catapult with one hand and use your other hand to pull down the flinger. Let it go and watch your projectile fly!
7. Measure the distance the projectile flew with a tape measure.

Observations: Which kind of projectile flies the farthest? **Now Try This!** Can you modify the catapult by changing the fulcrum height or the length of the flinger to make it shoot objects farther? Higher?

The Hows and Whys: A catapult works by storing tension (or Potential energy) in the flexed flinger when it is pulled back. This potential energy is converted into kinetic energy as soon as you release the flinger and let it fly forward.

STRESS-BUSTERS

Take time to exercise.
Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep.



JOKES OF THE DAY

Why couldn't the pony
sing a lullaby?...

She was a little horse.

HA
HA
HA

HA
HA
HA

#stickwithyourY

“Memories... There are so many things that I miss with the Y being closed. But one of those is not being able to get a bag of popcorn on Fridays after a late afternoon workout. It always seemed as an appropriate transition from the work week to the weekend! I miss that!”

-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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