

the  YMC<sup>®</sup> OF THE NORTHWOODS • Wednesday, May 20<sup>th</sup>, 2020

# HEALTHY @H<sup>🏠</sup>OME



Sometimes we're tested  
not to show our  
weaknesses, but to  
discover our strengths.

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

### Tabat Cardio (No Burpees!)

For this work out complete the Warm Up. Then get ready to work 4 minutes per set. You will perform exercise 1 for 20 seconds then rest for 10 seconds then perform exercise 2 for 20 seconds. Continue this 20 on 10 off until you have completed all 8 exercises in the set. Take 1 minute between sets. The more sets you do the harder it gets! To make this workout more challenging jog in place during your 10 second rest period! Enjoy!

#### Warm Up:

- 15 sec Boxer Bounce or March
- 15 sec Butt Kicks
- 15 sec High Knees or Tuck Jumps
- 15 sec Squat with Front Kick
- 15 sec Lunge with Torso Twist (alternating sides)
- 15 sec Walk Outs
- 15 sec Jumping Jacks
- 15 sec Front Punch
- 15 sec Hip Open Out
- 15 sec Air Jump Rope
- \*repeat at a higher intensity

#### The Workout:

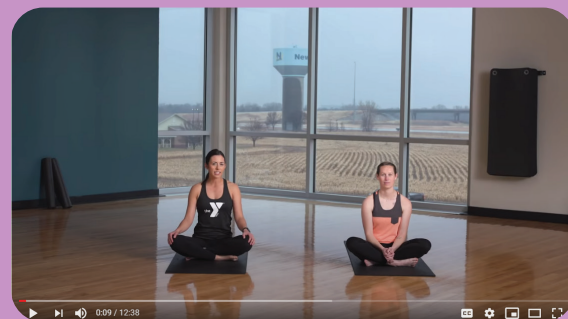
- Jumping Jacks
- Squat jumps
- Mt. Climbers
- Side Lunge to Vertical Jump (alternating sides)
- High Knees Tuck Jump
- Plank Jacks
- Speed Skaters
- Jump Switch Lunge

#### Rounds:

- Beginners 1-2
- Intermediate 2-4
- Advanced 4-6

#### Cool Down:

Easy movement & stretch.



Yoga with Lauren  
Weekday Winddown  
(12 minutes)

## 55+ STAY CONNECTED

## ACTIVE OLDER ADULTS

### 4 Exercises You Should Do Every Day

While any movement is always better than none, there are certain foundational exercises that need to be performed on more than designated workout days, says Ann Phelps, D.P.T., a physical therapist at Athletico Physical Therapy in Chicago. Why? Because that's how you'll get the results you want, from improving strength and mobility to building better balance to staying independent longer. Phelps shares the four most important exercises to add to your daily routine. You can easily do these exercises at home. "Perform a few reps when you get out of bed in the morning, during a commercial break, or when you get up to move to another room in the house," she says. And when any exercise starts to feel too easy, make it a little more challenging with the recommended progression. As always, safety is key. If you have balance problems or injuries, talk to your doctor first about safe exercise.

[Click here to see the 4 exercises and give them a try!](#)



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## AQUATICS

## TIP OF THE DAY



### Did you know...

The indoor Roman Pool at Hearst Castle is a masterwork filled with natural light and fantastical tile mosaics by artist Camille Solon. Julia Morgan tucked the pool beneath a tennis court and designed it in a style Hearst Castle historian Victoria Kastner calls "whimsical Art Deco." The water's gleaming surface reflects the room's curved marble ladders, alabaster lamps, and classically inspired marble statues.



## FAMILY FUN & GAMES

## AROUND THE HOUSE

### Let the Kids Cook Dinner

This will depend on the age of your children of course, but they love knowing they're contributing to dinner. If they're old enough to chop, let them chop up ingredients, or if you've got teens on your hands... let them make the whole dinner. Make sure you tell them you love whatever creation they come up with!



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## STORY TIME

## WITH ABBIE

Today's story time is **"Don't Push the Button"** by Bill Cotter, read by Y School Age Director, Abbie Cline. There's only one rule in Larry's book: don't push the button. (Seriously, don't even think about it!) Even if it does look kind of nice, you must never push the button. Who knows what would happen? Okay, quick. No one is looking... push the button. Uh, oh...



## SCIENCE EXPERIMENTS

## IN THE HOME LABORATORY

### Lung Capacity

Level of Difficulty: Easy

Time to Complete: 20 minutes

Questions to Ask: Do you know how much air your lungs can hold? Make your own spirometer to find out. The results may surprise you.

Materials: 2-liter plastic bottle or plastic milk jug with a cap, water, large bowl about halfway full of water, bendable drinking straw, permanent marker, and a measuring cup.

#### The Steps:

1. Fill up the bottle all the way with water. Place the cap on.
2. Turn the bottle upside down in the bowl of water. With the mouth of the bottle under the water, carefully remove the cap, being careful not to squeeze any water out of the bottle.
3. Push one end of the straw into the neck of the bottle and hold onto the other end above the water.
4. Take a deep breath and blow gently into the straw until your lungs are empty. The air blows into the bottle and pushes water out into the bowl.
5. All the air you breathe out gets trapped at the top of the bottle. Hold the bottle level and make a mark at this point with a permanent marker.
6. To measure how much air you blew into the bottle, take the bottle out of the bowl and fill it with water up to the mark you made. Dump this water into a measuring cup to see how much it is.

Observations: How much air did you blow into the bottle? Does this surprise you?

**Now Try This!** An average six-year-old's lungs can hold about 1 liter of air, while an adult's lungs can hold 4-6 liters. Can you engineer an experiment that adults can do to find out how much air their lungs hold?

The Hows and Whys: Air is less dense than water. When you exhale through the straw into the bottle, the air pushes water out of the bottle as it moves to the top. The air pushes out its identical volume of water, so you can measure how much air was in your lungs by calculating how much water was displaced from the bottle.



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# STRESS-BUSTERS

## Try creative arts.

The creative arts can help you express yourself, calm your mind, and feel better. Painting, ceramics, scrapbooking, photography, and journaling can be great stress busters!



## JOKES OF THE DAY

HA  
HA  
HA

What do you call a bear  
with no teeth...

A gummy bear.

HA  
HA  
HA

## #stickwithyourY

**"I am proud of our Y for this tremendous support that  
our entire community needs at this difficult time!  
We need the Y and the Y needs us."**

-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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