



the YMCA OF THE NORTHWOODS • Wednesday, May 6th, 2020

HEALTHY@HOME

*Thought
for the Day*

**If you don't like something,
change it. If you can't change it,
change your attitude.**

— Maya Angelou

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

Deck of Cards Workout

What kind of hand will you be dealt?

The workout is simple – the suit determines the exercise, and the card determines the number of reps. See the chart below for details. Go through the deck of cards as many times as you want. Allow no less than a 10 second break between each card and no more than a 30 second break. This keeps up the intensity of the workout!

Warm up:

Pick 5 cards and perform them at a moderate intensity to get the body warmed up.

Exercise:

Hearts — Sit Ups / Crunches
Diamonds — Squat Jumps or Air Squats
Clubs — Push-Ups
Spades — Alternate Forward and Reverse Lunges
Numbered Cards = Number of Reps on the Card
Face Cards = 10 Reps
Ace = 11 Reps
Joker = 30 sec



BARRE STOOL

Beginner
(15 minutes)



55+ STAY CONNECTED

ACTIVE OLDER ADULTS

Fun Ways for Older Adults to Stay Physically Active

Do you ever find yourself pushing your exercise routine off until tomorrow? It might be time to switch it up. The key to sticking with exercise is to make it interesting and enjoyable. Doing all four types of exercise—endurance, strength, balance, and flexibility—provides variety and keeps things interesting. You can try new activities to keep your interest, too:

- If you like music, take a dancing lesson.
- If you enjoy being outdoors, you can go for a walk or a hike.
- If you like being with others, go to an exercise class with a friend.

Find more ideas and activities that match your interests from the National Institute on Aging. [Click Here!](#)



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AQUATICS

TIP OF THE DAY

Water Safety Tips Courtesy from the International Swimming Hall of Fame (ISHOF)

- Teach children water safety and swimming skills as early as possible.
- Always brief babysitters on water safety, emphasizing the need for constant supervision.
- Appoint a designated watcher to monitor children during social gatherings at or near pools.
- Equip doors and windows that exit to a pool area with alarms.
- Install a poolside phone, preferable a cordless model, with emergency numbers programmed into speed-dial.
- Post CPR instructions and learn the procedures.
- Keep rescue equipment poolside. Don't wait for the paramedics to arrive because you will lose valuable lifesaving seconds. Four to six minutes without oxygen can cause permanent brain damage or death.
- Keep a first aid kit at poolside.
- Install four-sided isolation fencing, at least five feet high, equipped with self-closing and self-latching gates, that completely surrounds the pool and prevents direct access from the house and yard.
- Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or disability.
- Don't use flotation devices as a substitute for supervision. Never allow a young child in a pool without an adult.
- Don't leave objects such as toys that might attract a child in the pool and pool area.
- Never prop the gate to a pool area open.
- Don't rely on swimming lessons, life preservers or other equipment to make a child "water safe."
- Never assume someone else is watching a child in a pool area.
- Don't leave chairs or other items of furniture where a child could use them to climb into a fenced pool area.
- Don't think you'll hear a child who's in trouble in the water; child drowning is a silent death, with no splashing to alert anyone that the child is in trouble.



FAMILY FUN & GAMES

AROUND THE HOUSE

Insect Adventure

Take your little ones on an adventure outside with a notebook and pencil. With your supervision, encourage them to turn over rocks, logs, and things that might have insects under them. If you want, you can even let the kids collect safe insects in a clear jar to observe them. Remember – insects have 6 legs. Help your child write down the kinds of bugs they observe or catch, what kinds of bug they are and if they are an insect or not. Feel free to return them to their OUTDOOR habitat after you complete your adventure.

Check out this video about insects before you head outside to get the kiddos excited!

Words to discuss on your insect adventure...

- Habitat
- Predator
- Antennae
- Prey



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STORY TIME WITH ABBY

Today's story time is "The Family Tree" by Oakley Graham, read by Abby. A small tree stood alone on a grassy hill. The seasons changed and the tree was sad and lonely as it grew. Then one day after many years of growing, something amazing happened. The Family Tree is a beautiful pictorial story about the nurturing power of nature and the importance of family!

School Age Storytime Challenge: Write a list of why your family is important to you! Afterwards, share the list with your family members!



SCIENCE EXPERIMENTS IN THE HOME LABORATORY

Bubble Painting

Level of Difficulty: Easy

Time to Complete: 10 minutes

Questions to Ask: Can you paint with bubbles? Sure you can! Blow bubbles to your heart's content, learn what bubbles are made of and create interesting, colorful patterns in the process.

CAUTION: Bubble painting can be very fun and messy. Wear clothes that you don't mind getting paint on.

Materials: Small cup, 2 tablespoons tempera paint, 2 tablespoon water, 2 tablespoons liquid dish soap, a plate, drinking straws, white paper, and measuring spoons.

The Steps:

1. Mix the paint, water, and dish soap together in a cup.
2. Place the cup on a plate to catch the bubble overflow.
3. Place a drinking straw into the cup and blow through it to create bubbles being careful not to inhale or sip up any liquid.
4. Blow bubbles until the cup overflows.
5. Remove the straw, and carefully lay a piece of paper on top of the bubbles in the cup to make bubble prints.

Observations: What kinds of patterns are created on the paper? **Now Try This!** Use different sizes of straws to blow bubbles in the paint solution. Does a jumbo straw make different bubble prints than a coffee stirrer does?

The Hows and Whys: The membrane of the actual bubbles is clear and can't be colored. However, when the bubbles pop, there is water and paint inside them that gets transferred to your paper. This creates unique bubble prints that you can layer with different colors and patterns!



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STRESS-BUSTERS

Eat healthily.

You can protect your feelings of wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals, as well as water.



JOKE OF THE DAY

HA
HA
HA

What do you call
a fake noodle?...

An impasta!

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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