



Healthy at Home

March 24, 2020

Healthy At Home is a new way we will share resources with all of you to help you and your family stay active, engaged and thriving! We would love to see your videos and pictures and hear your stories about how you are staying [#healthyathome](#) – whether it’s with our daily workout, or getting creative with learning resources for your kids! Each week, we’ll randomly pick one winner who’s shared how they are living [#healthyathome](#) in spirit, mind and body. Winners will be featured in our series and receive a Y bag of swag and a certificate for a FREE group training of your choice (redeemable upon re-opening). Tag us on social media with [#healthyathome](#), or email us at healthyathome@ymcarichmond.org.



At Home Workout

We hope you enjoy today’s workout video. Share with us how you are “born to move!” Tag us on social media using [@YMCARichmond](#) on [Facebook](#), [Twitter](#), or [Instagram](#)!



Get Creative! Show us your artistic side by coloring in [today's coloring page](#)! We're all about the grains today. Don't forget - show us your new masterpiece by uploading your finished art to social media and tag the Y using @YMCARichmond and #HealthyatHome!



Make your next Taco Tuesday extra healthy and tasty when you make this easy and the [BEST Low Carb Breakfast Burrito!](#)

“We thought of ways to bring our **favorite activities from the community** into our home.

- **The Bundy Family**, Chickahominy Y members



Why do you Y?



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