



Healthy at Home

March 27, 2020

Healthy At Home is our way to stay connected to help you and your family stay active, engaged and thriving! We're loving the videos, pictures and stories about how you are staying #[healthyathome](#)! You inspire us each and every day! Each week, we'll randomly pick one winner who's shared how they are living #[healthyathome](#) in spirit, mind and body. Winners will 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.



Fitness Challenge!

William, our Association Director of Wellness and Community Health, has a Fitness Challenge for you! Are you up to the task? Share your progress with us on social media using @YMCARichmond on [Facebook](#), [Twitter](#), or [Instagram](#)!



KID'S CORNER

Make Your Own Shaker!



For today's activity, you will need:

- Toilet paper rolls (1 per shaker). If you don't have toilet paper rolls you can cut a paper towel roll in half! You can even paint and decorate them beforehand for colored shakers.
- Duct or electrical tape (the thin kind, or you can use washi tape.)If you don't have the thin kind, ask a grown-up to cut normal width tape into half-inch wide strips for you to use!
- Milk bottle caps (2 per shaker)
- Permanent Marker(s)
- Dried beans, rice, coffee beans or similar dry good to make the shaking sound

How to:

1. Stick one of your milk bottle caps onto the end of your toilet paper roll with electrical (or duct) tape.
2. Fill your toilet paper roll with the dried beans (we used coffee beans and rice in ours).
3. Tape your other milk bottle cap on to the other end of the toilet paper roll enclosing the beans.
5. Make patterns by adding extra stripes of tape in another color. Get creative, and add stickers if you like!
6. Finish it off by decorating in between the tape gaps with marker.

The kids can help out with these and make their own patterns.

You're done! now all you need to do is

Shake & dance!



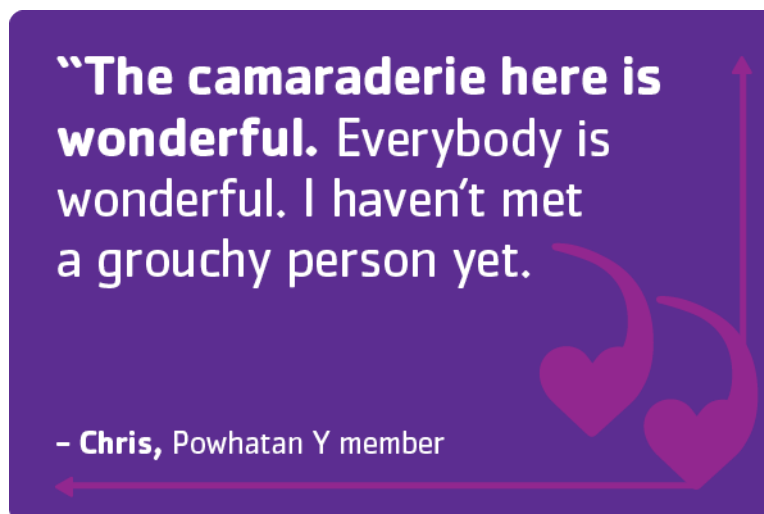
Play the [daily crossword puzzle from Dictionary.com](#) and grow your vocabulary and improve your language skills. Learn new words and practice problem solving skills when you play the daily crossword puzzle.



Member Message

"We are the Bundy family. We reside in Henrico, Virginia. We are also a community blended family. Meaning, our children in our home were all once homeless youth that were either too old for foster care but still in school or wanted a home setting for stability and permanency. We bought our babies together and became the Bundy family. When the Coronavirus came to Virginia we were worried about the effect it would have on our family initially then we thought of ways to bring our favorite activities from the community into our home. **We are a family and we work together as a team to ensure that no matter what goes on outside of our home we are still a community.**"

The Bundy Family, Chickohominy Y



Why do you Y?



YMCA of Greater Richmond | 2 West Franklin St. Richmond VA, 23220

You received this because you are subscribed to emails from the YMCA of Greater Richmond.
[Manage Email Preferences](#)