Healthy at Home

Hope you enjoy today’s Healthy at Home! Tag us on social media with #healthyathome, or email us at healthyathome@ymcarichmond.org. Be sure to share the name of your branch and a heartfelt thank you for #stayingwithus! We are so thankful for you and all that you do to keep our communities healthy during this time.

The Y is excited to share resources with you for Child Abuse Prevention Month!

During the month of April, we will share resources and tips for creating a lifestyle of prevention and safety. This can be accomplished by incorporating simple, pre-emptive measures in our everyday lives that can come as easy as taking a deep breath.
Here is a calendar created by Darkness to Light of one simple thing you can do to practice prevention every day! Here’s everything you need to get started:

**Get Started!**

Follow along and share your journey on social media with the hashtag #D2LCAPM.

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**Member Story!**

One thing we are trying to do is get out of the house each day to walk. Fresh air—even on cool, rainy days—has been a welcome break to being trapped inside the house together. We try to find new ways to amuse ourselves on familiar paths at Pocahontas State Park or various nature trails in the neighborhood. We have had competitions that have ranged from a nature bingo to scavenger hunts to make it more interesting. We have even done a type of pool where we place a guess on how many times we might see a certain thing before we leave the house. There is no wager as you would have in a sports pool, but the idea is the same. The winner might get to choose what we have for dinner or what movie we watch. But, generally, it is for bragging rights and something to make it more interesting if we are on the same trail.

One day we were out on a trail and a woman walking by quickly stopped and doubled back after she passed us--using social distancing, of course. She said, “hey, I know you from the Chester Y!” We are regulars in one of the morning exercise classes! A couple of days ago on our neighborhood nature trail, we passed yet another member from the Chester Y! She had her teens along with her as well! It has been fun for me to run into other members who are also trying to stay healthy at home! I look forward to returning to the Y and also the overall rejuvenation of our community as we all work toward healing in mind, body and spirit.

- Joy, Chester Family YMCA

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**KID'S CORNER!**
Let's Make a Flower Crown!

Gather construction paper, scissors, a glue stick, tape and a pencil. Start by cutting two long strips of green construction paper to be the headband of your crown. Tape them together. You can adjust for size later when you tape it into a complete circle. Set the headband aside for now.

Next, it's time to make your flowers. Cut squares of construction paper in a variety of colors (or patterns!). They should be about 2-3" square. Fold each square into quarters. Draw a simple flower petal shape. Cut out your petal out, just don't cut the point at the bottom is the center of the square so that your flowers will be intact. When you unfold the paper, you'll have a simple flower with four petals. Cut a variety of flowers--we made some with rounded petals and some with pointed petals. You'll also need to cut some flower centers and leaves. Finally, glue the flowers to the headband that you made earlier!
#MoveItMonday: Workout of the Week!

Directions: Ten repetitions of each exercise per round for 20 minutes. All exercises are done on the stairs.

**Step-up:** Place one foot on a stair and step up. Alternate lead legs.

**Incline Push-up:** Place hands on the stairs while keeping hips level. Press up and down while bring elbows to a 90-degree angle.

**Split Squat:** Place one foot on a stair and one foot on a lower stair. Squat and keep knees from moving beyond toes.

**Dip:** Sit on a stair with hands to the sides. Dip down to a lower stair with the legs straight.

**Calf Raise:** Stand with heels off stairs: lower heel and press up.

**Plank:** Place feet on stairs and hands on the ground parallel with the floor. Hold for 10 seconds.

Modify intensity by going faster or slower. Consult with your doctor before starting any exercise program. Always warm-up, cool down and stretch with every workout.