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.

Meditation, Mindfulness & Spirituality

Today mindfulness meditation is practiced in schools, prisons and even in corporate America. This show looks at the spiritual roots of the practice and how it can be used to transform society.
Create a Family Code of Conduct!
Create a family code of conduct. What is your ideal household culture? Set a 10-minute timer and brainstorm: what actions or behaviors can you take to make your values a reality? Check out this resource from Darkness to Light for help and inspiration!

KID'S CORNER!

Basketball Drill of the Day!

Join Steve the Sports Director at the Tuckahoe Family YMCA for today's basketball skills lesson!
Y Live: Flexibility!

Join Brandon from the Tuckahoe Family YMCA for today's work out!
Today's schedule!
“I usually do Tai Chi and Yoga...Now I have increased my sit ups and push ups and walks in the neighborhood. I have mixed in some ‘improvised Yoga’ positions.

- Ron, Petersburg Y member

Why do you Y?