



Healthy at Home

April 2, 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. Be sure to share the name of your branch.



What does the Y mean to community?

We asked a few of our community members "What does the Y mean to community?" Susan E. sent us some of her thoughts. Check them out here:

- The Y is **a beacon of hope** to moms and dads on the front lines of this pandemic as it relates to child care.
- The Y is **a warm, caring voice reaching out to our senior members** who have sheltered in place in order to remain safe and well.
- The Y is **a much needed outlet to release stress and anxiety** using the Healthy at Home workouts and wellness support.
- The Y is **a place for children to remember that there is still such good in the world** – a place offering laughter, learning, and love – (all while at an appropriate social distance!!).
- The Y is **a shining example of love and service** to one another.

Share Your Thoughts



We wanted you to know that our Community Collections at YMCA branch locations hosting [Camp Hope](#) are happening now! These are collections that our YMCA staff members will be taking to [VA Kids Belong](#). The donations pictured came into our Chester Family YMCA from the Junior Women's Federated Club of Chester. THANK YOU!



KID'S CORNER

Let's go outside!

It's sunny today! Take a walk and discover something new in your neighborhood. How about hopscotch on the driveway or sidewalk? Watch this fun video for some inspiration. Enjoy the sunshine!



SPIRIT • MIND • **BODY**

Two additional FREE virtual workout options to meet your needs and lifestyle!

Les Mills On Demand (Members Only):

Workout at home with FREE unlimited 60-day access to strength, cardio, HIIT, dance, mindfulness, and much more. You can also choose a workout plan to help you smash your goals.

Digital Coach:

Access new On-Demand at home workouts every day. Choose a workout of the day with just bodyweight or using small accessories. Options are also available for strength, flexibility, and restorative workouts at home.

Les Mills On Demand

Digital Coach

Why do you Y?

“My 4 year old and I had so much fun doing this [Avengers Workout]! We work out at the Swift Creek Branch (which we love!).”

- Shayla and Aubrey, Swift Creek Y members



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