Healthy at Home

Based on your feedback, we will be moving #healthyathome to Mondays, Wednesdays and Fridays, starting this week. Enjoy fewer emails, but more workouts with the new weekly schedule, app challenges and more on our website. Share with us on social media or email how you are staying #healthyathome, and you could be a Wednesday Winner!

QUOTE OF THE DAY

“What lies behind us, and what lies before us, are small matters compared to what lies within us.” – Ralph Waldo Emerson

How do you talk with kids about safety?
We often develop strategies that help to prevent child sexual abuse under our existing circumstances. But what happens if those circumstances change? Check out this FREE training video on how to protect children during times of crisis. And it's time to learn about [d2l.org/education/5-steps/step-2]Step Two: Minimizing Opportunity – learn how promoting a safe environment can help reduce risk. [d2l.org/education/5-steps/step-2]

It's National Volunteer Appreciation Week!
Especially during this time, volunteers have stepped up to make our community safer and stronger—thank you from all of us at the Y!

KID'S CORNER!
Join Shaun T for Some Cool Moves!

Get funky while you get healthy. Shaun T shows you hip, hot steps like The Hey!, Snake It, Pound & Hop, Dust & Wave, and Smooth Groove. Learn the coolest moves and get in great shape at the same time! Work it out every day with Shaun T and the Fit Kids.
Work Out of the Week!

Directions: Ten repetitions of each exercise per round for 20 minutes.

• **Push-Up:** Place hands on the ground while keeping hips level. Press up and down while bringing elbows to a 90-degree angle.

• **Jumping Jack:** Stand upright with hands to your side, bend knees and jump into the air while spreading legs shoulder-width apart and stretch hands overhead.

• **Jog in Place:** Jog in place using a three count to ten: 1, 2, 3, (1); 1, 2, 3, (2). . .

• **Crunch:** Laying on the back with knees bent, lift shoulders slightly off the ground and keep the neck in a neutral position.

• **Side Bunny Hop:** Stand with feet shoulder width apart and hop from side to side.

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. Visit [www.ymcarichmond.org](http://www.ymcarichmond.org) for more Workouts of the Week.
"Today’s workout at the park consisted of upper body calisthenics... Although I prefer weights, calisthenics are a great alternative!"

- Jonathan, Patrick Henry Y member