Healthy at Home

April 3, 2020

We’re loving the videos, pictures and stories about how you are staying #healthyathome! You inspire us each and every day! Tag us on social media with #healthyathome, or email us at healthyathome@ymcarichmond.org. Be sure to share the name of your branch. You could be one of next week’s Wednesday winners!

A Simple Trick to Improve Positive Thinking

Why does a failure seem to stick in our minds so much longer than a success? According to social psychologist Alison Ledgerwood, our perception of the world tends to lean negative, and reframing how we communicate could be the key to unlocking a more positive outlook.
"First of all, thank you for offering an online resource for us during these strange times. We were super bummed when you had to close, as we have two year round swimmers, and after their club team closed we were going to try to keep them swimming daily at Shady Grove. So, your classes have offered us a way to keep them in shape for an easier return to the pool. Yesterday, we did the power flow workout you have posted in Les Mills on demand! Here is how we converted our play room to our new yoga studio! Thank you again for your support during these times."

-Alison P. from our Shady Grove Family YMCA
KID'S CORNER!

Join Sarah in her Music Room!

Here’s a 20-minute music class for your kids with a lesson about COLORS! Have fun singing along and use the shakers that you made last week!
Join Vicki and Ginnina from our Atlee Station Family YMCA as they lead you through an energized PiYo workout!
"Enjoyed fishing in boat. Roger nor I caught anything but nice breeze and sunshine. That was enough.

- Roger and Elizabeth, Y members