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!

Are you missing a friend or loved one right now? How about getting out a piece of paper and writing a good ole fashion hand written note to let them know!
Gardening Tips - Stay Safe While Working Outside

**Tip #1 - Gradually Increase Activity:** If you have not been exercising regularly, it is best to ease in to any physical activity. Start by working for short periods of time gradually increasing frequency and duration. If you have questions on whether the activity is safe for you it is best to contact your physician.

**Tip #2 - Listen to Your Body:** Keep in mind that sore muscles aren’t a sign that you’ve exercised well. Symptoms such as stiffness and pain can be avoided by using proper stretching and warm up techniques—even for gardening!

**Tip #3 - Alternate:** Break up your more strenuous yard working activities

**Tip #4 - Warm Up:** Preparing to garden is much like preparing to do any moderate exercise activity. Complete stretching and range of motion exercises with your wrists and fingers to prevent stiffening of the tendons which affect your elbows.

-Tips provided by Kristin K., PT, DPT, OCS, FAAOMPT, Goochland Family YMCA
KID'S CORNER!

Family Friendly Workout!

Try this fun and energizing workout the whole family can enjoy today!
Workout of the Week!

Are you up to the challenge? On #MoveItMonday, we're challenging you to our Workout of the Week, brought to you by William, the Association Director of Wellness and Community Health, here at the Y!
“(I take) walks through Powhatan and in Fighting Creek Park.

— Lisa, Powhatan Y member

Why do you Y?