Healthy at Home

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.

#ThankfulThursday!

We are thankful for you, our members who step up every day to assist in our community needs. Did you know during our temporary closure time, we’re offering the community a chance to collect needed items for youth and family? Items can be dropped off at the following sites:

Monday-Friday, 9 a.m.- 5 p.m.
Chester Family YMCA
Downtown YMCA
Midlothian Family YMCA
Shady Grove Family YMCA
Tuckahoe Family YMCA

Thursday, 9 a.m.-5 p.m.

- Patrick Henry Family YMCA

Our List of items needed!

Help1RVA
Help1RVA.org enables you to search for free or reduced cost services like medical care, food, job training and more.

KID'S CORNER!

Get Moving!
Do six of each activity for a burst of energy today!
Try this one out, or make your own!

Alternate arch touches (touch inside foot with opposite hand)
Ladder Climbs (while standing, pretend to climb a ladder)
Squat jumps in place (jump up and land in a squat like a frog)
Criss Cross feet (one foot in front of the other going back and forth, switching dominant foot)
Single leg hopping (hop on 1 foot then switch)

Repeat twice

Today's Workout!

Turn up your music at home and join Kayla from the YMCA of Greater Richmond for 30 minutes of HIIT!
"Kayla teaches Water Zumba at the Tuckahoe Y and she is terrific!...Can’t wait to get back to her class!"

- Jane, Tuckahoe Y members

Why do you Y?

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