Healthy at Home

May 11, 2020

The weather is warming back up and so are we! Stay tuned for NEW outdoor options for healthy spirit, mind and body! We’re looking forward to continuing to serve in new ways as we get ready for re-opening.

Inspirational Message of the Day

The Definition of Optimism: a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable.
The 5 Benefits of Being Optimistic

1. **See failure as a new start.** Failure is not the end; in fact, it is often the beginning of something great.
2. **Be expansive.** Pessimism makes us contract and shy away from new or adventurous things.
3. **Get healthy.** Dwelling on negativity isn't healthy.
4. **Spread good vibes.** Optimism is contagious.
5. It is the best choice.

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**A book is a gift you can open again and again!**

**LEARN MORE**

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**KID'S CORNER!**

Join Brandon for Family Fitness!
Join Lisa from the Tuckahoe Family YMCA for Boot Camp!
Today's schedule!
"I go the track at the high school and walk and jog 2 miles each morning...I miss the fellowship with my friends at the Powhatan Y.

- Tommy, Powhatan Y member

Why do you Y?

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