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.

Inspirational Message of the Day

"Wholesome exercise in the free air, under the wide sky, is the best medicine for body and spirit.” – Sarah Louise Arnold

Boost your Vitamin D with our NEW outdoor schedule that begins today!
Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks. Be sure to limit sun exposure, use sunscreen and drink your water (don't overdo it)!

Friday Fitness Challenge: Wall Sit!

- Back Flat Against Wall
- Knees Parallel
- Hands by Side
KID'S CORNER!

Kindness Rocks!

Find your desired rock. Clean it with soap and water. Once the rock is dry, paint the top with a base coat of paint—pick any color you like. When the base coat is dry, add a fun design, or write a positive note like "Be the Change" on each one. Allow the design to dry completely, then seal the rock to protect your design. Spread kindness by leaving the rock in a place for someone else to find.

Today's section is all about food, and the emergency need for many families right now. Back by popular demand, the "Re-Fill the Bus Challenge" is Wednesday, May 20! Help neighbors in need by donating food and toiletries. Get involved here!

Plus, our friends at the Children's Hospital at VCU is conducting a survey to understand the effects of COVID-19 on parents’ stress and children’s nutrition! If you have a child 5-18 years of age and are interested in participating, please complete this survey.
How is COVID-19 impacting your child’s nutrition?
Today's schedule!

“My 4 year old and I had so much fun doing this [Avengers Workout]! We work out at the Swift Creek Branch (which we love!).

- Shayla and Aubrey, Swift Creek Y members

Why do you Y?