



WELLNESS WEEKLY

[WSY Wellness Facebook Group](#)

[Instagram: @wsymca](#)

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Join us daily! Facebook, Instagram & Zoom workouts available.

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Y For Good Fund [Click here to donate to the Y For Good Fund](#)

WELCOME BACK! As has become our custom, we have the schedule of *Virtual Fitness Classes* posted below, along with our *Pocket Size* daily workout for the week. In the *Health Tips* section you can read about how to take good care of your wrists, especially with the extra planks and push-ups you may be doing (in lieu of using your favorite weight machines). *Creativity Corner* has a project that will provide some focused fun time for the right brain. And mothers, you may want to have your kids try the recipe in the *Foodies* section so they can have it perfected to serve you on May 10th! Lastly, in the *Covid-19* section, the CDC offers some helpful tips on how to talk to young children about this health issue we are still facing. Wishing you continued health and wellbeing. Please join us virtually until we can meet again in person!

ZOOM Class Schedule

Check www.wsymca.com/wsy-wellness for Zoom access information.

Monday

10:00am Keeping Fit (55+) w/ Jane
7:30pm Zumba w/ Michelle

Wednesday

7:30am HIIT/Bootcamp w/ Jane
10:00am Keeping Fit (55+) w/ Jane

Thursday

8:30am Zumba w/ Katherine O
6:00pm Bolly X w/ Purnima

Friday

7:30am Y Cycle w/ Jane

Saturday

9:30am Zumba w/ Edith

Sunday

11:00am Bolly X w/ Doris

Virtual Fitness Schedule

WSY Wellness Facebook Group

Join the [WSY Wellness Group on Facebook](#)

Follow [WSYMCA on Instagram](#)

7am Everyday Early Morning Get Up and Move

Get your favorite tunes on and start the day off right by following this written workout.

12pm Monday – Friday Lunchtime LIVE Workout

*Streamed in real time on our Facebook page
Get your props ready in advance

4pm Monday – Friday Afternoon Delight

A variety of workouts posted throughout the week.

6pm Tuesday & Thursday Evening Wind-Down (10-15 min.)

*End your day with some reflection, relaxation & gratitude.
Activities to be posted include short meditations, readings, videos, or calming movement activities.*

The exercises, instructions, and advice provided here are for educational and entertainment purposes only; they are in no way intended as a substitute for medical consultation. The West Suburban YMCA disclaims any liability from and in connection with this virtual programming. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. As with any exercise program, if at any time during your workout you begin feeling faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Pocket Size: A tiny workout for every day

Wake Up Warm Up

Ear-to-Shoulder Neck Stretch x20

Big Arm Circles x12 each arm

Alternating Lateral Reach / Side Stretch) x20 Keep feet planted on the floor and spine as lengthened as possible while reaching up and directly over to one side, then the other

Standing Spinal Twist: Pivot from R foot to L foot as you twist, let your arms be relaxed and swinging

Knee Hugs: x16 Standing tall, alternate hugging right knee then left knee toward your waist. Keep standing leg straight & firmly planted on the ground, keep spine straight (not collapsing forward).

Leg Swings (forward/back) x16 each leg

Balance on one leg, standing tall; swing other leg loosely forward and back.

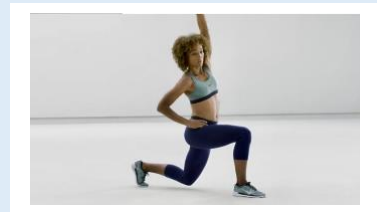
Leg Swings (side to side, in front of standing leg) x16 each leg

Balance on one leg, standing tall; swing other leg loosely side to side, in front of your standing leg

Movement: Repeat the series below 2 times

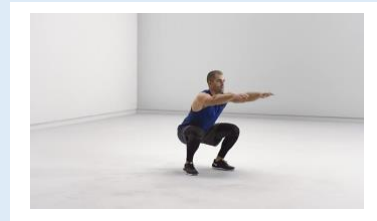
Reverse Lunge w/ Side Stretch: x16

(See photo) Alternate R, L. From standing, slide one leg behind you and land in lunge position, keeping ears/shoulders/hips/knees in one straight line, abdominals engaged to support with balance and to increase hip flexor stretch. Sidestretch away from back leg.



Bodyweight Squats x16 (down and up, see picture right)

Plank w/ Lateral Toe Tap x16 Starting in the plank position (see picture below) alternate tapping R toes then L toes to the side, keeping shoulders and hips steady, legs firm and straight



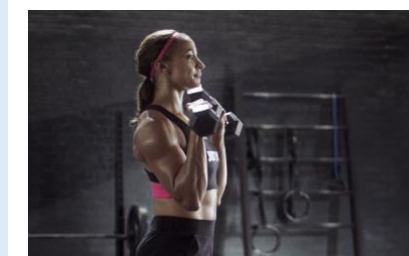
Standing Tricep extension x16

Slight bend in legs, leaning forward w/ back straight, abs pulling in, elbows pulled back and pressed close to your ribs; slow and controlled, straighten and bend arms



Reverse Bicep Curls x16

Stand tall, hold weight w/ palms facing your thighs; bicep curls (back of hands toward shoulders)



REPEAT MUSCLE WORK ONE MORE TIME 😊

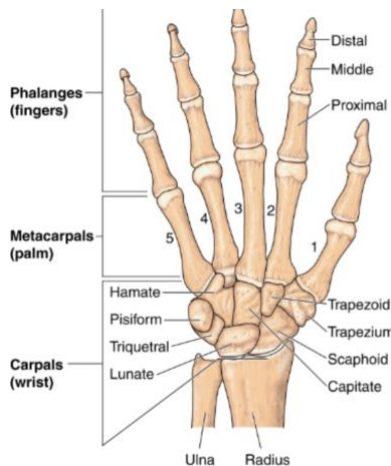
Creativity Corner: Paint Your Rock Mandala

A mandala is a graphic pattern usually in the form of a circle divided into four separate sections or bearing a multiple projection of an image. While some spiritual practices assign symbolism to different types of mandalas, this offering is meant as a project that will allow your creative right brain to take over for a while. Before you get lost in the “flow” of this artistic endeavor, you may need to get creative about finding paint supplies. White out? Gesso? Nail polish? If no equivalent to liquid paint is handy you can always cut out paper shapes of various sizes using craft paper or magazines. Other tools you’ll need include two Q-tips, and one pencil with a flat eraser on one end and a ½ - sharpened tip on the other. [Click here](#) to watch a short how-to video for turning your simple rock into an eye-catching design piece.



We’d love to see what you come up with!

Share your creations by using the hashtag #WSYwellness.



Health Tips: With so many push-ups, make sure you take good care of your wrists

Planks and push-ups are great exercises for many muscles of the body, but if you jump into doing lots of them without sufficient chest, shoulder and back strength, you may feel it in your wrists.

The most basic ways to alleviate pain in the wrists are: **1)**

Actively press your hands – especially your first three fingers and the heels of your hands – into the floor; you should feel your shoulders pull down away from your ears and your chest muscles

activate before you start moving; **2)** You can roll a mat and place this under the heels of your hands, so the wrist is not bent at such an extreme angle; **3)** Strengthen forearm extensor muscles [rubber band around your fingers, then spread your fingers]; **4)** Stretch your forearm flexors and extensors on a regular basis [gently pull one hand back toward your forearm for 20 seconds, then forward toward your elbow crease for 20 seconds].

[This 8-minute video](#) demonstrates the techniques above and gets more in-depth with how to improve your plank and push up form.

For Foodies and Health Nuts: Stuffed Baked Apples

Ingredients

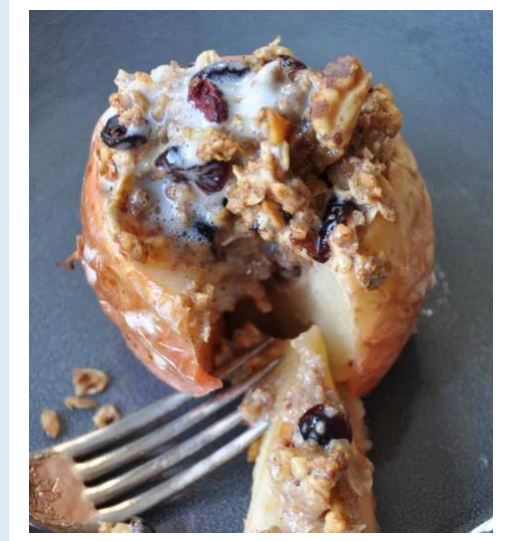
4-8 medium to large apples
1 cup rolled oats
1 cup chopped walnuts
½ cup dried unsweetened cranberries or raisins
2 tsp cinnamon
1 tsp vanilla extract
1/8 tsp finely ground sea salt
2 tbsp butter, cut into small pieces
1 cup + 3 tbsp water, divided

Instructions

1. Preheat oven to 350°F (176°C) degrees
2. Wash and carefully core the apples with a paring knife. Scrape the bottom of the core out with a spoon, making sure that you don't put a hole in the bottom of the apple.

For the filling

1. In a large mixing bowl combine the oats, walnuts, cranberries or raisins, cinnamon, vanilla, salt, vegan butter, and 3 tbsp of water. Use your hands to mix it together, pressing the butter into the oats until it becomes sticky.
2. Put the apples in a deep baking dish and pour one cup of water in the pan. Liberally spoon the filling into the apples to the top and cover the pan with foil.
3. Bake for approximately one hour, or until fork tender. Serve warm and top with vanilla ice-cream if desired.



Regarding Covid-19: How to talk to young people

We know that, when it comes to talking with young people about complex situations, it's best to keep it simple. Children think in very literal and concrete terms; metaphors and comparisons often create more confusion. We want to be honest but not alarmist, and we want to offer reassurance that they will be kept safe. And sometimes it's nice to be given the words. [This resource from the Center For Disease Control & Prevention](#) offers language you may find helpful for speaking to young people about the Coronavirus now and in the future.

