



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! A very big THANK YOU! To those of you who participated in Reopening Survey we sent out last week. Your feedback has been helpful as we cautiously plan for our safe return. Please continue joining us for our **Virtual Fitness** classes. A new **Pocket Size** wake-up routine is also posted below. You **Creatives** out there should bust out your art materials for making your 2020 Bullet Journal. **Foodies** can start preserving the veggies they may be buying in bulk, and everyone can read our **Health Tips** for eye care before looking away from screens for a while. Lastly, in the **Covid-19 section**, there's a great family-friendly video filmed in an elementary school that really drives home how important it is to wash with soap and warm water for 20 seconds... often!



Zoom Fitness Class Schedule

Monday

10:00am
7:30pm

Keeping Fit (55+) w/ Jane
Zumba w/ Michelle

Wednesday

7:30am
10:00am

HIIT/Bootcamp w/ Jane
Keeping Fit (55+) w/ Jane

Thursday

8:30am
6:00pm

Zumba w/ Katherine O
Bolly X w/ Purnima

Saturday

9:30am

Zumba w/ Edith

Sunday

11:00am

Bolly X w/ Doris

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

Virtual Fitness Schedule

[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 LIVE and 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 morning wake-up for every day

Up/down stairs or street 3x

5 Bodyweight Squats

10 Bodyweight Squats w/ 2 second Balance.

Squat, stand up and balance right leg; squat, stand up and balance left leg. Repeat

15 Squat Jumps

20 Reverse Lunge w/ Kick

All reps on the right leg, then all reps on the left leg

3 min: Knee Tuck with Pull-down Arms / Lateral Leg Raise with Criss-Cross Arms in synch

1 min on right side: Stand in a lunge position, right leg forward, left leg back, arms overhead; pull left knee up as you stand up straight on your right leg while also pulling your arms down. Go for speed.

1 min left side: (reverse instructions above)

1 min: Alternate leg abduction (lateral raises) while straight arms cross in front of your chest then open back, in synch with the legs. So, arms open/close at shoulder height while you send right leg out, left leg out...

5 Cat/Cow All fours. Inhale arch back and look up to ceiling; exhale drop head and round back up toward ceiling.



10 Slow Push-ups (knee or regular)

15 Plank w/ Knee Drive

20 Bridges, up/down

3 min: standing, alternate between...

Leg Curls w/ Pulling Arms / Large Lateral Steps / Curtsey Squats

5 Side Stretches, each side

10 Good Mornings

15 Lateral Leg Raises

20 Inner Thigh Raises

End with:

30 seconds Spinal Twist each side

30 seconds Ankle Circles, both directions



Creativity Corner: Your 2020 Bullet Journal

A bullet journal can be equal parts day planner, diary, and written meditation... or it can just be a creative outlet. If you have not started a 2020 journal yet, now's the perfect time to get to it! If you want to use this as a creative outlet, you can select a different writing or list-making prompt for each page and design the background and edges of the page with colors, images, or doodles that inspire you. If you're more of a tracker, and you want to track your savings each month, useful contacts, your "books to read", your "places to travel", or your progress you're making on this year's goals, you may want to divide your journal into sections, leaving a few pages for each topic. If you're more the artist type, use each page of the journal for a new collage, drawing or painting. You could still top the page with thought prompts, then let your images and colors do the talking. Below are a few links to videos that can help get you started, one for [The Tracker](#), one for [The Creative Journal Keeper](#), and one for [The Artist](#). While you can start with any notebook or collection of paper, some people like to research their materials first. [On this page](#) you can read about 8 journals perfect for this project.

Foodies and Health Nuts:

If you are buying in bulk, remember to blanch.

These days we are going out less, and going to the grocery store less, and for many of us bargain shopping is important. But what do you do when you buy in bulk and end up with a 5-pound bag of broccoli, 15 pounds of carrots, and more green beans than you need for a month? You blanch them, portion them into air-tight freezer bags or containers and freeze them. First wash the vegetables and cut them into the size you would like to serve. Boil water. And add LOTS of salt. Since the vegetable will only be in the water 2-4 minutes, you want more salt than you think is necessary (2-3 Tbsp.); the vegetable has a very limited amount of time to soak up that flavor, so more than usual is needed. Boil vegetables for times listed below (so they still have a tiny bit a crunch left), then immediately transfer them to a bowl of ice water. This will cool the vegetable quickly, and seal in flavor. If the vegetable overcooks, it will be mushy in the future after it is reheated.



Broccoli: 3-4 minutes / **Cauliflower:** 3-4 minutes / **Carrots:** 3-4 minutes

Green Beans: 2 minutes / **Asparagus:** 1-2 minutes

Health Tips:

Let Your Eyes Spy Something Other Than a Screen

**Summarized content from Nguyen, Nicole "Take Better Breaks From Screens". Wall Street Journal, May 11, 2020*

At home these days – especially if you are working from home, attending online video meetings, and then enjoying evening news or television with family – you may find yourself in front a screen more than ever before. This can put a big strain on your eyes. The American Academy of Ophthalmology says looking at screens for long periods of time can cause temporary blurred vision, headaches, and eye dryness or aches. They recommend the **20-20-20 rule:** every twenty minutes you should look at something at least 20 feet away for at least 20 seconds. Here are simple strategies to support this approach to eye care.



25 x4 then 20 free: Set a timer for 25 minutes of focused work, then take a 5-minute break to move, stretch, breathe. After 4 of these, take a longer 20-minute break. During your break times, do not attempt to complete other tasks or ruminate on work – add movement and change your focus.

The Nudge: Fitbits or Apple watches can be set to buzz if you have not moved after a 50-minute period.

Brainstorm in the Dark: When you need a couple of minutes to brainstorm an idea, instead of idly staring at the screen – where notifications and open tabs could distract you – try shutting off your screen. There is a built-in feature to manage this in the corner of Mac computers. Windows users can download WinXCorners to bring this functionality to PC's.

Dial In: Rather than add more screen time by being on video during Zoom meetings, dial in if you can still participate as actively as needed.

Copies outdoors: While saving paper is important, now may be a time when printing documents and reading them outdoors in natural light is warranted. Cut this paper in small squares when you are finished with the document to re-stock your pile of scratch paper.



Regarding Covid-19:

Sometimes you can see more in the dark

Whether businesses, organizations, and camps open in the next couple of weeks, or further in the future, remains to be seen, it never hurts to start preparing.

[Watch this family-friendly video](#) of an experiment done in an elementary school classroom to demonstrate a) how quickly germs can spread b) how far they can spread, and c) how important it is to wash hands for at least 20 seconds, scrubbing all angles, with warm water and soap.