



# WELLNESS WEEKLY

[WSY Wellness Facebook Group](#)

[Instagram: @wsymca](#)

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Join us daily!

Facebook, Instagram & Zoom workouts available.

### Pocket Size A Tiny Workout for Every Day

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**For Foodies & Health Nuts** Why eat seasonally? What local farms are offering now

**Health Tips** Use it or lose it. This goes for your car as well.

**Update: Covid-19** Sign up for automatic updates from CDC or Mass.gov

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

**WELCOME!** We hope all of you mothers out there felt appreciated this past Mother's Day! The **Virtual Fitness Schedule** and **Pocket Size** weekly workout are below. This week's activity in **Creativity Corner** includes the children of the household as you prepare for gardening season. **Foodies** can review some benefits of eating seasonally/locally; and find out what local farms are now offering! **Health Tips** reminds you to check on the health of... your car, which does not like sitting idle for weeks on end. Lastly, in the **Covid-19** section, Mass.gov and CDC offer links where you can sign up to receive alerts as policy updates and statistical information is rolled out. Be well! Stay healthy! And keep moving!



## 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](http://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 tiny workout for every day**

Modify as needed by varying the weights used, or doing knee push-ups or counter-top push-ups versus full push-ups.

**Up/down stairs 5x**

**5 Lateral Lunges each side**

**10 Push-ups**

**20 Second Locust Pose** lay on stomach, straighten body, arms close to your side; lift torso and thighs up off the floor; keep belly button lifting up off floor, not pooching out into the floor

**30 Second Plank**

**40 Bicycles (abs)**

**50 Bicep curls (break after sets of 10 if needed)**

**Up/down stairs 5x**

**5 Airplanes each leg**

**10 Push-ups**

**20 Locust up/down**

**30 Second Plank**

**40 Bent Over Rows (2 sets 20 each side)**

**50 Shoulders** 10 upward rows / 10 lateral arm raises / 10 overhead presses / 10 lateral raises / 10 overhead

**5 Airplanes each leg**

**10 Giant Sidesteps R and L**

**20 Straight Leg Raises** Stand tall, abs tight; keep spine straight as you alternate lift right/left leg forward, high as possible

**30 Second Plank**

**40 Calf Touch** Feet shoulder width; legs bent; weight in heels; spine lifted and abs tight; palms of hands facing forward by your side; alternate reach down to touch right calf/left calf to work transverse abdominals

**50 Tricep Extensions** Hold weight horizontally overhead; spine lifted, abs tight; bend/straighten arms.

**Stretch: Neck / Arms / Back / Chest / Hips / Legs**



### **Creativity Corner** \*Gather round, kids!

As we plan this year's garden, let's take this quiz to find out which flowers and herbs best match your personality. \*Borrowed from *The Wall Street Journal* Sat/Sun May 2-3, 2020.

#### **1. Pick a Disney sidekick:**

- A. Genie from "Alladin," who appears like Magic
- B. Mushu from "Mulan," loyal with a bit of bite
- C. Olaf from "Frozen," a little frosty but agreeable
- D. Pascal from "Tangled," colorful and a good climber

#### **2. I spy with my little socially distanced eye...**

- A. A sprawling, green yard
- B. Trees and a tidy garden
- C. Tall buildings and sidewalks
- D. A terrace with a trellis

#### **3. Which would you like to gift?**

- A. A dazzling bouquet of flowers
- B. Snappy new perfume
- C. A hand-drawn card on scented paper
- D. A homemade salad w/ a colorful garnish

#### **4. If gardening were a videogame, your character's special skill would be:**

- A. Speed
- B. Shapeshifting
- C. Creating force fields
- D. Nimbleness

#### **5. Which scent do you like for hand soap?**

- A. Whatever does the job
- B. Flowery
- C. Clean and fresh
- D. Spicy

#### **6. Choose your own adventure:**

- A. Board the spaceship and explore the galaxy
- B. Slay the dragon and storm the tower
- C. Trek across the icy Arctic
- D. Scale the castle wall and have a royal feast

#### **7. Which snack would you choose?**

- A. Pink jellybeans
- B. Popcorn
- C. Ice cream, maybe mint
- D. Pepperoni pizza

### **Answer Key**

**If your child selected mostly letter A:** *Cosmos* Quickly grows tall and prolific wherever you toss their seeds. Daisylike blooms and wispy stems make for willowy bouquets.

**If your child selected mostly letter B:** *Snapdragons* Florets open and close like hungry mouths when pinched at the sides. Sweet and fruity fragrance.

**If your child selected mostly letter C:** *Mint* Humans love the smell, but ants, spiders and mosquitoes hate it. Happily grows in a container. Great for topping fruit or desserts.

**If your child selected mostly letter D:** *Nasturtium* A favorite of French King Louis XIV. It will climb, and its bud is edible with a peppery flavor, hence the Latin name for "nose twister".

## For Foodies & Health Nuts: Benefits of Eating Seasonally & Locally, and Local Farms with Ready Crops

Growing season is here, and local farms *have* been working to get crops ready for 2020 CSA's and farm stands. Some are already offering lettuces, herbs, and baby plants! Supporting our local farmers is not only educational and good for a family day trip but buying locally-grown produce – even 4 times per month – goes a *long* way to protect local land, and therefore local wildlife. When food is transported long distances, it is usually treated with some type of preservative, so eating locally also reduces your exposure to pesticides and waxes. And if you don't see "organic" in a local farm's name, it's worth asking what growing method is used; paying for the organic label is sometimes too costly for a small farm, though organic growing practices may be followed. You can do a search to find dozens of Boston-area farms. Here are two that have goods ready, and educational offerings to keep you learning about the lands and creatures around you. Now is a great time of year to add a few young sprouts, greens, and herbs such as basil, fennel, rosemary, dill, caraway, bay leaf and marjoram to your diet, as well as a little bit of raw or lightly cooked foods (versus the stews of winter).

**Hutchin's Farm, Concord, MA** Honor system self-serve farm stand has opened! [See website for offering and weekly updates.](#)

**Drumlin Farm / Mass Audubon, Lincoln, MA** While the trails and visitor's center is currently closed, Mass Audubon is offering interesting online classes and videos for exploring your neighborhood with a creative, naturalist focus. [Click here to check it out.](#)

## Health Tips: Use It Or Lose It

As well as being true in terms of your physical health, this saying holds true for the proper functioning of your car as well. Beth DeCarbo published the following advice, given by an employee of the Automotive Services Association, in the *Wall Street Journal* Friday May 1, 2020. Generally speaking, driving the car once a week for 15-20 minutes is recommended to recharge the battery, prevent rust from building on brake pads, and maintain good shape and functioning of your tires.

**Battery:** Modern vehicles have electronic systems that draw power out of the battery even when the engine is off. Over time, those tiny draws will drain the battery. For a car that won't be used for months at a time, consider installing a trickle charger, which plugs into an outlet and attaches to the battery.

**Brakes:** In cars that sit for extended periods, a fine layer of rust can form on the steel rotor in disc brakes. Taking a quick spin lets the brake pads rub off the rust.

## ***Continued Health Tips: Use It Or Lose It***

**Gas Tank:** Keeping a full tank helps reduce condensation that can cause corrosion and damage components like fuel injectors. For long-term storage, add fuel stabilizer to a full tank of gas to prevent the buildup of a gummy residue that could harm the engine. (Check owner's manual – some additives can damage the catalytic converter.)

**Tires:** Most vehicles use radial tires, which may develop a flat spot when parked too long. When you drive you may feel a little rumble or vibration that should cease when tires warm and re-shape.

## **Regarding Covid-19: Stay Informed**

If you would like to receive text message or email updates as new policy updates or statistical information is rolled out, you can do so through [Mass.Gov](#) or through the [Center for Disease Control and Prevention](#) (scroll to bottom of home page for email sign up).