



WELLNESS WEEKLY

[WSY Wellness Facebook Group](#)

[Instagram: @wsymca](#)

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Join us daily! Join us every day on Facebook or Instagram for new workouts and wind-downs (see links at the top of this newsletter)

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WELCOME! We hope this first edition of *Wellness Weekly* finds you safe and in good spirits. We started this weekly newsletter because we miss being able to serve you in person; the second-best option is staying connected through communication and virtual meetings. Here, at the start of each week, we will share our *Virtual Fitness Class Schedule*, and the links you'll use to find our online classes (listed above). We will also print *Pocket Size* weekly workouts for those of you who do not use the aforementioned social media sites. We'll share a *Health Tip* for the week, and our *Foodies* section will have resources to keep you entertained on topics related to health and nutrition. Lastly, in *Creativity Corner*, we'll offer some simple projects you can do at home to keep your creative juices flowing. We hope you take advantage of this time at home to focus in, while continuing to grow and develop in areas you may not previously have had time for. Best wishes from the Health & Wellness Staff. Enjoy!

Sample Virtual Fitness Class Schedule

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

[Follow WSYMCA on Instagram](#)

7am Workout of the Day

Get your favorite tunes on and start the day off right by following this written workout, posted daily between 6am-7pm

12pm Lunchtime Live!

Streamed in real time on our Facebook & Instagram pages

**Get your props ready in advance*

4pm Afternoon Break

Pre-recorded workout, wellness tips or recipe

6pm Evening Wind-Down (5-15 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 x 20

Shoulder circles x 20

Big Arm Circles x 10 each side

Alternating Lateral Reach / Side Stretch) x 20

keep feet planted on the floor while reaching up and over

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

Hip Hinge (Forward Bend) With Straight Back x 10:

first hinge forward and place hands on shins; take a full breath; exhale as you bend your legs, drop your head and roll up one vertebra at a time to standing

Movement

March, High Knees, Big Arms x 40

Bodyweight Squats x 20

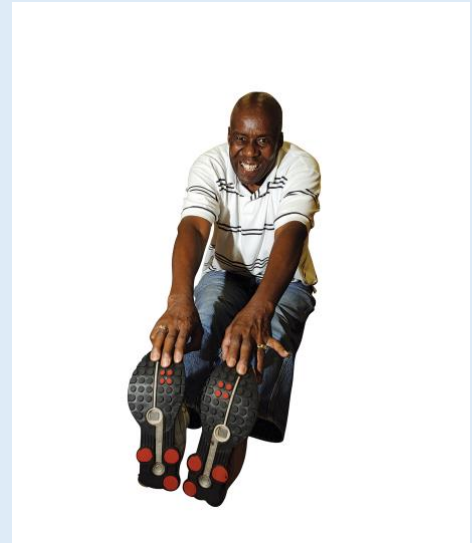
Lateral Calf Reach x 20: very wide stance; legs laterally rotated w/ slight bend; arms by your side, palms face forward; abs engaged; lean directly side-to-side touching as far down on each calf as you can reach while keeping your legs and hips stable and your torso lengthened and shoulder facing forward

Plank x 30-60 seconds: on the floor, or chair against wall with hands near edge of the chair; straight line between shoulders-hips-knees-ankles; abdominals pulled in; shoulders pulling down away from ears. For a challenge, alternate tapping one leg to the side

Bent Over Row x 20: holding a weight or weighted object in each hand, squat and lean forward with straight back, taking your torso parallel to the ground; with elbows brushing your ribs, let back muscles start the pulling motion, elbows pulling toward ceiling, hands pull toward hips

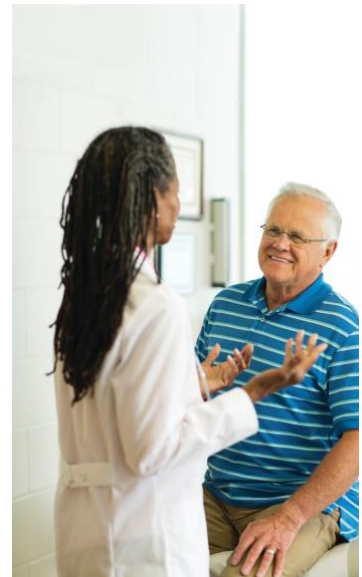
Airplanes x 20: Balance on one straight leg, arms by your side, abdominals engaged; hinge forward at the hip, then back up to standing

Calf Raises x 20: Try to go straight up to tippy toes, then lower heels, without rocking forward or back; make sure ankles do not sickle in or out, but rather track in straight line as you lift up; think of all 10 toes pressing in to floor for support



Health Tips: Recovery and Your Sleep Routine

During daily life, and definitely during training, your body undergoes stress. Below is a list of practices scientifically proven to enhance recovery, and thereby improve your metabolism, reaction time, and longevity. Aside from balanced healthy nutrition, and good hydration (2.5 – 3 Liters of water per day), it really boils down to a good sleep routine. Learn more on the Nike “Trained” Podcast, Season 2, Episode 5 *Dr. Matthew Walker: The Secret to Improving our Metabolism, Reaction Time, and Longevity*.



1. Stop caffeine 14 hours before sleep, and avoid alcohol in the evening

Each of these liquids affect sleep patterns in different ways. Adenosine – a sleepy chemical – builds in the brain during the day, so that after 16 hours one should feel sufficiently sleepy. Caffeine blocks adenosine receptors in the brain, preventing their activation. Caffeine has a half-life of 12 hours – meaning $\frac{1}{4}$ of the caffeine you may drink mid-day is *still* circulating in your brain at midnight.

2. Enjoy your last meal at least 3-4 hours before bed.

3. Have a regular sleep pattern and maintain it. This means wake up and wind down at the same time each night, regardless of how well you slept the night before. Changing your sleep patterns on the weekends (staying up 3 hours later and sleeping in 3 hours later) is the equivalent of jetlag induced by flying from Boston to San Francisco each week. Furthermore, insufficient sleep will not only affect your mood, but also your eating habits. If one sleeps only 5-6 hours per night, appetite hormones become imbalanced, resulting in increased appetite. *Leptin* is the hormone that usually tells your body “I am satiated, not hungry”. With insufficient sleep, levels of *ghrelin* increase – this is the appetite hormone that says “hungry, need to eat?”. People who only sleep 5-6 hours per night consume, on average, 300 more calories per day compared to people who sleep 8 hours per night.

4. Have a wind-down routine. Make it a dark one. One hour before bedtime, move away from screens, and dim lights. This allows melatonin – the hormone that controls your sleep-wake cycles, to kick in. Typically, melatonin levels start to rise in the mid-to-late evening, after the sun has set. They stay elevated for most of the night while you’re in the dark. Then, they drop in the early morning as the sun rises, causing you to awaken. Exposure to bright light late at night interrupts this natural rhythm.

5. Keep it cool. 65 degrees is the optimal temperature for good sleep.



For Foodies and Health Nuts

Recipe: Salmon filet with pan-fired potatoes

1. Line baking sheet with aluminum foil or silicon baking sheet. Preheat oven to 350.
2. Place salmon filet skin down on baking sheet. Drizzle with olive oil. Add your favorite seasoning (such as salt, pepper, dash of cayenne, tarragon).

When the oven is up to temp, cook fish at 350 for about 20 minutes.

3. While fish is cooking, wash, dry, and evenly slice potatoes, lengthwise, in 1/2's or 1/3's. Heat grapeseed (or other high-heat oils) in a skillet on medium until hot. Add potatoes, and c 1 minute and cook until golden brown – about 2 minutes on each side.

*make sure there is enough space in the skillet for potatoes to rest fully flat in the pan

4. By the time the potatoes are golden brown, there should be 10 minutes cooking time left for the fish. Place potato skillet in the oven beside the fish for the last 10 minutes of cooking – until potatoes reach your desired tenderness. Take the fish out sooner if need be.



Baking with Toddlers This is a great baking show with 5-minute episodes full of fun projects you can do with your little ones, available on Amazon prime:

[Watch Baking For Toddlers](#)

Creativity Corner: Vision Board What it is, how to make one, and why it works

A vision board is a compilation of images that represent the experience you want to have of life, and specific goals you want to accomplish. To make one, you simply want to find pictures that represent the feeling of the life you want to have and the goals you want to accomplish: What do you want work to feel like? How do you want home to feel? Your relationships to feel like? If your goal is to travel or increase your bank account, what, for you, are images that represent that?



Once you have cut pictures from magazines, or printed them from Google images or Pinterest, you collage them however you like on a large surface. Post the collage in a visible location; this allows Right Brain to see it and subconsciously process for you; you'll find yourself pulled into taking new actions that lead you toward those goals with less anguish and forced effort.

There is science behind why it works. Our brain is made up of a left and a right hemisphere. The left hemisphere is largely responsible for linear tasks, "just the facts", logical math/science-type reasoning; it tries to predict, and it's more involved with attention to the internal world. The right hemisphere is the hotbed of creativity and intuition, *but* it's also more involved in wholistic thinking, understanding the nuances of language, and it's more interested in attending to the external world; the right hemisphere is also active while we sleep, integrating our recent experiences and learning. The two hemispheres complement each other by performing different aspects of the same task. So, if you want to land a person on the moon for the first time, of course you need math, science and logical thinking! *BUT* you need a way to *apply* the linear knowledge *in ways no one has ever thought of before*; you need creative solutions to go where no person has ever gone before, and to achieve tasks that have never before been accomplished. Enter: Right Brain.

When you're finished with your pictures and glue, learn more at:

[The Truth About The Left Brain / Right Brain Relationship](#)



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