



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! We hope you all continue to be well. Our thoughts go out to those who trained for so many months for the marathon and were unable to run this past Monday. Being that it snowed in Boston just 2 days ago, September running sounds like a beautiful alternative! For now, **Creativity Corner** offers an activity that's a blast and makes everyday spaces and objects seem new again; this week's **Health Tips** will tell you how you could increase your happiness by being curious and giving it a try. We hope you continue joining us for **Virtual Fitness Classes**, and the **Pocket Size** weekly workout posted below. We've offered **Foodies** reminders of what makes a complete protein, along with a simple recipe. Finally, learn about the progress Partners in Health has made this past week with the **Covid-19 Contact Tracing** it recently launched, and how, if you're interested, you can offer your services. Enjoy!

Zoom Fitness Class Schedule

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

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 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 x 20

Shoulder Gators x 20 Standing, hands clasped behind head; elbows alternate between closing toward the midline of the body, and opening to the side

Big Arm Circles x 10 each side

Alternating Lateral Reach / Side Stretch) x 20 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

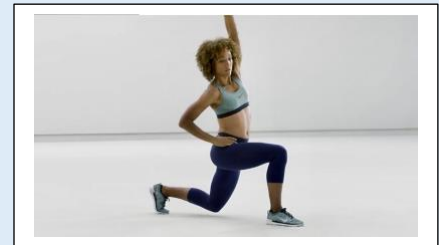
Hip Hinge (Forward Bend) With Straight Back x 10 First hinge forward and place hands on shins; take a full breath; exhale as you bend your legs, drop your head and roll up one vertebra at a time to standing

Movement: Repeat the series below 2 times.

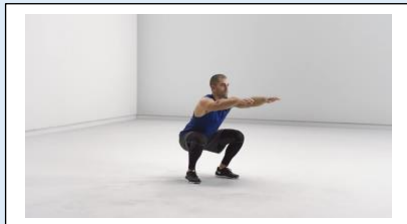
Knee Hugs: x16 Standing tall, alternate hugging right knee toward waist, then left. Keep standing leg straight & firmly planted on the ground, keep spine straight (not collapsing forward).

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



Walkouts w/ Plank or Push Up x12 From standing, roll down, walk your hands on the floor out to plank; either hold plank 5 seconds OR do one push-up, walk hands back, roll up to standing. Repeat 11 more times.

Standing Tricep extension x16 Standing, clasp weight (or other heavy object) with both hands behind your head, elbows pointing toward ceiling, pulling in toward the midline of body. Elbows stay stationary as you lift and lower the weight by straightening and bending the arms.

Side-Lying Leg/Hip Work: Lie on one side, straight line from crown of head/shoulders/ hips/ knees/ankles. Legs straight, muscles pulling knee-cap up, abdominals engaged.

- **Raise upper leg toward ceiling x10**
- **Whole straight leg circle forward x10** Keep torso still, w/ no forward/backward motion
- **Whole straight leg circle back x10** Keep torso still, w/ no forward/backward motion
- **Repeat on other side**

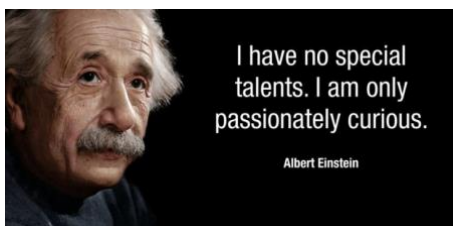
Repeat Movement series 1 more time from the top.

Creativity Corner: Just when you thought there was nothing fun left to do while stuck at home...

Imagine the most stunning artwork you have ever seen. Surely you can think of a time when you viewed a painting or photograph that took your breath away, inspired you, or moved you to laughter or tears. (If not, click the link below to see the video version of this story.) How could you stage and re-create that image now, at home, with everyday objects? Think Frida Kahlo, René Magritte, Vermeer, Annie Leibovitz, Kehinde Wiley, the Sistine Chapel, Marilyn Monroe and the flying skirt. How would you create the backdrop? The hair? The costume? The composition? This is the new social media phenomenon that tens of thousands have been participating in. The current call for recreating a work of art at home seems to have begun with a Dutch Instagram account called, in translation, [Between Art and Quarantine](#). In Los Angeles, The Getty started [#GettyMuseumChallenge](#), inviting people to use digitized and downloadable artworks. Get inspired, and [watch the full story here](#).



We'd love to see what you come up with! Share your creations by using the hashtag #WSYwellness.



Health Tips: Happiness, guaranteed! (Are you curious?) If you want to be happy -- whether you're a young child, a business owner seeking to improve employee morale and performance, or a retiree ready to enjoy free time – the research is pretty conclusive: Get Curious.

As you continue reading, imagine how the information and the recommended practices could be applied to people of any age, in school, in the workforce, or with family. We'll define curiosity, discuss research findings about the impact of being curious has on own health, relationships, and quality of life; we'll outline some rules for expanding curiosity, and we'll end with two quick practices for expanding one's ability to be curious.

What is curiosity? Broadly speaking, we think of curiosity as an openness to exploring one's environment, being broad-minded and being open to new experiences and learning opportunities. During our infancy, of course, curiosity is unavoidable. In a world of firsts every experience is new. That's why, as babies, we're born with almost double the neurons of adults (approximately 100

billion), and why, in just the first 90 days of life, our brains double in size, consuming more than half our entire energy intake as we navigate this period of unceasing learning. It's correct to say some people are naturally more curious than others, but curiosity can be significantly enhanced with nurture and encouragement; sadly, it can be stymied via the opposite. While those with a 'thirst for knowledge' consider learning itself to be a reward, others use curiosity -- or pursue knowledge -- to alleviate uncomfortable feelings of uncertainty, or the shock of not knowing something. Most of us use both approaches at different times. But given the health and work performance benefits gained from being curious, it's something worth encouraging, practicing, and cultivating, for young and old alike.

Research says... At the biological level, the 'feel good' hormone dopamine is released by the brain when it makes new discoveries; dopamine yields higher levels of positive emotions, lower anxiety and overall heightened satisfaction. Curiosity has also been found to greatly impact memory; if your curiosity is engaged, not only will you better remember the subject of your inquiry, you'll also absorb significantly more 'peripheral' information without even consciously paying attention to it. Curiosity promotes an openness to unfamiliar experiences and information, so curious people ask questions, read more and, therefore, significantly broaden their horizons. When curiosity is triggered, we make fewer decision-making errors; we think more deeply and rationally about decisions and come up with more-creative solutions. We are also less likely to fall prey to confirmation bias (looking for information that supports our beliefs, rather than for evidence suggesting we are wrong) and to stereotyping people, because curiosity leads us to generate alternatives. Curiosity is also associated with less defensive reactions to stress, and less aggressive reactions to provocation. When applied to a group setting, members put themselves in one another's shoes and take an interest in one another's ideas rather than focus only on their own perspective. There is more goal-oriented communication, conflicts are less heated, and groups achieve better results. While it is a given that curiosity has been the foundation of all scientific, technological and artistic innovation, there are a number of social/emotional benefits, too. It fosters better self-awareness, as you compare and contrast your individual value system and motivations with others. Truly curious people seek not only to know, but to understand; because they ask more questions and actively listen to absorb the information (instead of just waiting for their turn to speak), they become more empathetic, and better able to understand and accept different viewpoints, experiences and lives different from their own – a useful skill in today's diverse, global world.

The main pitfall to expanding curiosity is the fear that it will take too much time and effort (In business, people think this means it will be messy and cost more money). But seeking efficiency to the detriment of exploration essentially throws water on the fire of innovation, and can be more costly in the long run. Francesca Gino, a behavioral scientist at Harvard Business School, identified guidelines for expanding one's curiosity quotient:

1. Hire for curiosity. This could mean hiring friends, romantic or business partners, or employees. Surrounding yourself with curious people will naturally expand your horizons and future opportunities. Fun fact: In 2004 an anonymous billboard appeared on Highway 101, in the heart of Silicon Valley, posing this puzzle: *{first 10-digit prime found in consecutive digits of e}.com* The answer, 7427466391.com, led the curious online, where they found another equation to solve. The handful of people who did so were invited to submit a résumé to Google. The company took this unusual approach to finding job candidates because it places a premium on curiosity.

2. Model inquisitiveness. In any setting where the goal is to increase connection or improve innovation, compassionate, open-ended questions are invaluable. Questions like “What is the one thing I could do to make things better for you?” and “What could I do to make things better for people around me and for people we serve?”, followed by active listening and contemplation are key. Higher levels of intellectual humility are associated with a greater willingness to consider views other than our own. People with more intellectual humility also do better in school and at work. Why? When we accept that our own knowledge is finite, we are more apt to see that the world is always changing and that the future will diverge from the present. By embracing this insight, leaders and employees can begin to recognize the power of exploration.

3. Emphasize learning goals. When Captain Chesley “Sully” Sullenberger was asked how he was able to land a commercial aircraft safely in the Hudson River, he described his passion for continuous learning. Every time his plane pushed back from the gate he would remind himself that he needed to be prepared for the unexpected, and ask, “What can I learn?”. A body of research demonstrates that framing work around learning goals (developing competence, acquiring skills, mastering new situations, and so on) rather than performance goals (hitting targets, proving our competence, impressing others) boosts motivation. How could you integrate learning goals into things like household chores? School work? Your job?

4. Reward. Reward yourself and others for learning needed to accomplish a goal. Try reacting positively to ideas that may be mediocre in themselves but could be springboards to better ones: “plussing”. A teacher might say “I like your main character description...” while someone else might jump in with another “plus” for deepening the plot of a short story.

5. Allow space for friends, family, co-workers to explore and express ideas. Groups you are a part of can host “Why? What if...? How might we...?” sessions. Teachers may offer extra credit for an essay submitted on a book you read for pleasure. Organizations may provide resources to support employees’ continuing education. Photograph daily chores with journal notes from that day for creating “A Day In the Life” as an annual book gift.

2 Simple Practices for Enhancing Curiosity & Happiness

Something You Have Never Done Before

During the next week, either actively participate in an activity or behavior that you usually avoid – OR – talk with people you might normally avoid with the intention of learning something new – OR – when an obstacle arises, rather than spiraling into frustration, label the situation as something you have “never done before”. Get curious and plan an approach that will create a more ideal outcome.



Listen for the Gold

During this 10 minute exercise, you'll experience how curiosity either brings forth or stifles creativity, innovation and expressiveness in others. Two people needed, seated in same general area.

Round 1: Person A - Talk for 1.5 minutes about something you are really passionate about, something that means a lot to you. Person B - Time 1.5 minutes; actively not listening to Person A; pretend you would rather hear anything else than what Person A is saying.

Round 2: Switch roles and repeat.

Round 3: Person A - Talk for 1.5 minutes about the same or a different topic that is special and important to you. Person B - Time 1.5 minutes. Listen for the gold – as if what Person A is saying is the most important, fascinating thing in the world.

Round 4: Switch roles and repeat.

Debrief: Discuss for 1 minute each what it was like to speak into the two different types of listening, and what it felt like to “listen for the gold” versus ignoring and not caring.

Resources used for the article above:

For children's books that engage curiosity, click here:

<https://www.cnn.com/2020/04/15/health/children-causal-storybook-reading-wellness/index.html>

Brené Brown, Dare to Lead

Francesca Gino is a behavioral scientist, Harvard Business School <https://hbr.org/2018/09/curiosity>

Canon <https://www.theguardian.com/canon-bring-curiosity-to-life/2018/jun/08/the-curious-case-of-curiosity-and-its-intrinsic-link-to-a-happier-existence>

<https://www.aarp.org/disrupt-aging/stories/info-2019/key-to-fulfillment.html>

“Listen For The Gold” & “Never Done Before” practices complements of Landmark Worldwide



For Foodies and Health Nuts: What makes a complete protein?

While it's important to get enough protein in your diet, it's also crucial to ensure you're getting the right type of protein. A quick refresher from science class: Protein is comprised of 20 amino acids; 11 of these amino acids are produced by the human body. For good health, we must get the other nine amino acids (called "essential amino acids") from the

foods we eat. When a food contains all nine of these amino acids, it is called a "complete protein." Which foods are complete proteins? Animal proteins are complete, including meat, poultry, fish, eggs and dairy. There are also a few plant-based sources of complete protein, including: quinoa, buckwheat, hempseed, blue-green algae, soybeans. If you're a vegetarian or vegan, or if you limit the amount of animal products you consume, you can combine incomplete, plant-based proteins to meet your body's needs. Combinations include: Nuts or seeds with whole grains (peanut butter on whole wheat toast). Whole grains with beans (beans and rice; hummus and pita bread; bean-based chili and crackers; refried beans and tortillas). Beans with nuts or seeds (salad with chickpeas and sunflower seeds). Click below for two delicious Rice & Beans recipes. Enjoy the vegan versions as a complete protein, or add the meat of your choice if you're in the mood for a heartier bowl. (Note, above information from Piedmont Healthcare.)

Recipe 1, click [here](#). | Recipe 2, click [here](#).

Special Information for Fighting Covid-19

Partners in Health making Progress with Contact Tracing of COVID-19 Patients in MA

*The following information to the article posted last week. Reporting below done by Martha Bebinger, WBUR, published Apr. 18, 2020

Massachusetts launched an effort to contain the coronavirus by tracking down everyone who has tested positive, identifying their close contacts, and asking both groups of people to isolate until they are no longer contagious. As the first week of calls draws to a close: Contact investigators reached 765 Massachusetts residents who've tested positive as of the end of the day on Thursday. Those 765 people have identified more than a thousand close contacts, meaning someone they spent more than 15 minutes within six feet of during the three days before their positive test. Contact tracers have reached 626 of those people. Here are some takeaways from that batch of numbers: <https://www.wbur.org/commonhealth/2020/04/18/contact-tracing-massachusetts-covid19-coronavirus>