



# WELLNESS WEEKLY

[WSY Wellness Facebook Group](#)

[Instagram: @wsymca](#)

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Join us daily!

Facebook, Instagram and Zoom workouts available.

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**WELCOME!** Thank you again to all of our members who have chosen to become Sustaining Members during our closure and write your membership fee off as a tax-deductible donation. This is making a huge difference in the operations still going on daily behind the scenes! Just as you are giving to the WSYMCA, the Y locally and nationwide is going to great lengths to support its members, program participants, and employees. It is satisfying to be part of this very large network of support! For those who can and wish to support further, please visit out **Y For Good Fund** here: [Donate to the Y For Good Fund](#). Read on for our *Virtual Fitness Class Scheduling*, and the *Pocket Size* weekly workout. In *Health Tips*, learn what skill cottage industries have in common with the founder of Lululemon, and how you can use this skill to save lives. **Foodies** will enjoy our film recommendation. *Creativity Corner* teaches your how to cut hair and stay informed with **New Covid-19 Information**.

## Zoom Fitness Class Schedule

### Monday

10:00am  
7:30pm

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

### Wednesday

10:00am

**Keeping Fit (55+) w/ Jane**

### Thursday

8:30am  
6:00pm

**Zumba w/ Katherine O**  
**Bolly X w/ Purnima**

### Saturday

9:30am

**Zumba w/ Edith**

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 Early Morning Get Up and Move

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

### 12pm Lunchtime LIVE Workout

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

### 4pm Afternoon Delight

*A variety of workouts posted throughout the week.*

### 6pm 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 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** (after first 3 cardio moves, if needed, rest 1 min in-between each set of exercises)

**March in Place:**

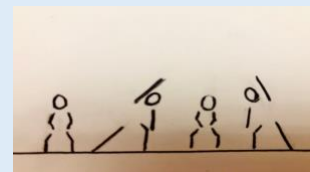
**1min**

High knees, straight back, big strong arms!

**Alternate Lateral Side step- toe tap – side reach**

**x30**

(See Picture 1)



**Chair Burpee w/ Jumping Jacks**

**x20**

2 wooden chairs w/ back against wall; use edge of chairs as

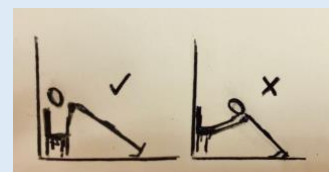
platform for hands; hop feet back to plank; hop feet in, stand up, jumping jack. Repeat x20

\*when you hop feet back, make sure shoulders stay over wrists, pulling down away from ears

(See Picture 2)

**Step w/ Lateral Leg Lift** Step sideways onto a stair or ledge, (planting and pressing through the heel of your foot) while raising the opposite leg sideways, to activate your Glute Medius

**x15 each side**



**Scissor Legs**

**30 seconds**

Lay on your back, and tighten your abdominals while pressing your lower back into the floor. Lift your legs off the floor; tighten your quadricep muscles so your legs are as straight as possible. Keep your torso still, and your lower back pressing into the floor while using your inner thigh muscles to alternately crossing your legs at the ankle as quickly as possible; do these ankle crosses as you raise your legs up toward the ceiling, and keep crossing as you lower them toward the floor.

**Push Ups or Knee Push Ups**

**x10-15**

Make sure you keep shoulders pulling down away from ears, really press your hands, especially first three fingers, into the floor, abs tight, and straight line from crown of head to hips to knees.

**Crab / Tricep Press**

**x10-15**

Sit on the floor with your legs bent, soles of your feet on the floor. Hands are on the floor behind you, fingertips pointing toward you. Press through feet and arms to lift hips as high off the floor as possible; leave hips there, and bend/straighten at the elbow to work your triceps.

**Repeat 1-2 more times**

## Health Tips: How to Make a Mask

DIY Mask Novice version: <https://www.youtube.com/watch?v=tPx1yqvJgf4>

DIY Mask Pro Version: <https://www.youtube.com/watch?v=9PRlhV8gbTA>

Sewing is not just a useful skill or a doorway into a cottage industry. Learn how it was instrumental in setting the foundation for **Chip Wilson, founder of Lululemon**. Mix an athletic kid who wants to own his own business by age 30 with a seamstress mom and what do you get? Transformation. Transformation of men's shorts in the 70's; of skateboard, surfer, and snowboarding attire in the 80's; all the way to the infamous overhaul of athletic attire in the 90's. [Listen to the whole story here](#) on NPR's "How I Built This" podcast.

**For Foodies and Health Nuts:** Enjoy a movie night with *The Biggest Little Farm*.

(Available to watch on Amazon Prime Video, Redbox, and other streaming sites).

This film chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. [Watch the film here](#).

**Creativity Corner: Who Needs a Haircut?** Below are only a few examples of short, informative, clear tutorials for cutting your hair at home. In the search bar of Youtube you can enter the type of haircut you are looking for and/or you can search by ethnicity to find the how-to's best suited for your hair and your style. *Definitely* share before/after photos of your handywork! #WSYwellness

### For young men / men:

Four Minute Fade Tutorial: [https://www.youtube.com/watch?v=mBtay3\\_Ux7c](https://www.youtube.com/watch?v=mBtay3_Ux7c)

How to Cut Men's Hair: <https://www.youtube.com/watch?v=GsvToVVwzSk>

### For girls/young women/women:

Basic Girls Trim Tutorial: [https://www.youtube.com/watch?v=t\\_-IPLpbPoM](https://www.youtube.com/watch?v=t_-IPLpbPoM)

How to Trim Split Ends: <https://www.youtube.com/watch?v=UmlM8i-Oyt8>

How to Trim Women's Short Haircuts: <https://www.youtube.com/watch?v=I9RE4gQo7eg>

## Special Information for Fighting Covid-19

### Partners in Health Will Help Trace Contacts of COVID-19 Patients in Landmark Agreement with MA Gov's Office... and they are hiring.

To read more and apply, click here: <https://www.pih.org/ma-response>

**Support the effort to develop an antibody.** People who have fully recovered from a confirmed novel coronavirus infection can donate blood for research purposes. Contact the National Institute of Allergy and Infectious Diseases at 1-866-833-5433 (TTY 1-866-441-1010) or [vaccines@nih.gov](mailto:vaccines@nih.gov).

Learn more at [www.niaid.nih.gov/about/vrc](http://www.niaid.nih.gov/about/vrc)

\* Source: Wall Street Journal, "Lack of Blood Samples Stalls Virus-Drug Work", by Joseph Walker



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