



# WELLNESS WEEKLY

[WSY Wellness Facebook Group](#)

[Instagram: @wsymca](#)

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Join us daily!

Facebook, Instagram and Zoom classes available.

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### Covid-19 Information

**WELCOME!** We were grateful to speaking with many of you live this past week! We are calling every member to get a read on how our community is fairing. We're also helping you manage your membership. Many have chosen to become Sustaining Members and write their dues off as tax deductible donations during the time we are closed. For this support we thank you! Once we reopen, and move back to standard dues, we'll send a letter with the total amount of your tax-deductible donation. If you missed our call, please take a quick 2 minutes to update the status of your membership at [Manage Your Membership](#). Essential staff remain very busy doing community outreach and virtual programming. For those who can and wish to support further, please visit our [Y For Good Fund](#) here: [Donate to the Y For Good Fund](#).

Now please read on for [Covid-19 Information](#), [Virtual Fitness Classes](#), the [Pocket Size](#) weekly workout, the [Health Tips](#) on benefits of intermittent fasting, a recommended recipe for [Foodies](#), and some great snail mail/art/science projects in [Creativity Corner](#).

## Zoom Fitness Class Schedule

### Monday

10:00am

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

7:30pm

**Zumba w/ Michelle**

### Wednesday

10:00am

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

### Thursday

8:30am

**Zumba w/ Katherine O**

6:00pm

**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:**

High knees, straight back, big strong arms!

**1min**

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

(See Picture 1)

**x30**

**Chair Burpee w/ Jumping Jacks**

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 (below)

**x20**

**Chair Plank**

**30 sec**

**Chair Push-Up**

**10+**

**Reverse Fly Pulses**

Arms at shoulder height reaching sideways; rotate arms so thumbs are pointing behind you; pulse arms back x20

**x20**

**Chair Squats**

**x10**

Standing in front of chair, feet hip width, arms crossed to shoulders or reaching forward; squat toward chair *just* until your bum touches the edge, then stand straight up; keep weight in heels, make sure you can see your toes/ knees behind toes the whole time, abs engaged

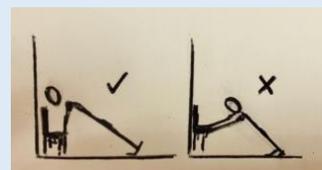
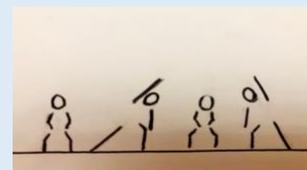
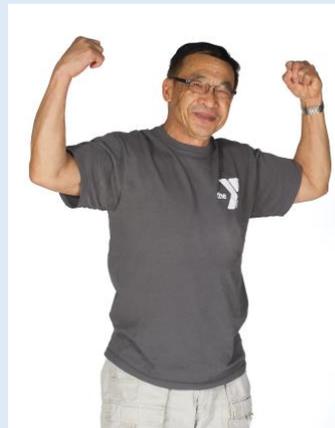
**Alternate: Side step-Balance / Side step-Balance**

**x10**

Keep body facing forward as you take a wide step to your right, balance 2 seconds on right leg; stand; now step wide to the left, balance 2 seconds on left leg

\*Try to make it a smooth transition, fully transferring weight from one leg to the other, like a dance step, or like jumping sideways over a puddle of water

**Repeat 1-2 more times**



## Health Tips: Understanding the Benefits of Time-Restricted Eating and Intermittent Fasting

You may have heard people talk about the benefits of fasting. Now, when most people hear the word “fasting”, they think “starvation”. No, that is not at all what we are talking about! Instead we are talking about a practice that can activate stem cell growth six-fold, literally add years to your life, reverse chronic medical conditions, free people from excessive medications, and noticeably increase your physical and mental performance. Time Restricted Eating / Intermittent Fasting simply means consuming all of your days’ calories during a 10-hour window (i.e. 9am-7pm) OR, allowing 12-16 hours between dinner and breakfast the next day. First let’s understand conceptually why this is beneficial. Just as sleep – deep rest – is essential for the repair and optimal functioning of our brain, vital organs and muscles, there is strong research-based data showing that time restricted eating is essential for the optimal functioning of our gut, and allows for the die-off of damaged cells and the regeneration of brand-new healthy cells. Think of your gut – which absorbs the nutrients your body needs – like a highway. During rush hour (after a very large meal), it is impossible to repair the highway, or move 1 Food Truck from one location to another. During mid-day traffic (snacks), you can do *some* travel and road repair, but you’ll still have delays. Only when the highway is completely empty (hours after a meal or snack) can those road repairs and that 1 Food Truck move quickly and efficiently. Now, once the food has been digested you have an Energy Store. Think of your body’s Energy Store like a campfire. To build a good fire, you need kindling (easily combustible material to get a spark/start the flame, like simple sugars) and logs (dense long-burning material, like our fat stores). If one eats several times throughout the day, from early morning late into the night, any movement is only burning kindling (excess sugars). Most people exercise to in order to not gain weight, and to increase cardiovascular stamina. This can only be done when you’re using fat as fuel at your aerobic threshold; your body needs to have fully digested food, and to have already used up excess sugars for essential metabolic processes. From that starting point, 20-60 minutes of exercise at 65%-85% of your heart rate maximum – depending on your fitness goal – will use fat as fuel. And remember, your body will stockpile resources; any sugar or fat calories not burned during the day (i.e. late-night meals or snacks) will be stored as excess fat; essential fat is just that – essential. But excess fat blocks the highway – it strains the functioning of our vital organs, and blocks absorption of essential nutrients. Now, if you find this concept intriguing, you’ll love getting into the nitty gritty results of research science and anecdotal studies! Listen to the *Trained* podcast below for a deeper dive into fasting.





## Health Tips: Additional Listening

Join Ryan Flaherty, Senior Director of Performance at Nike, and Dr. Rhonda Patrick for a fascinating, informative discussion about the latest research on nutrition, longevity and performance.

In this podcast, the hosts discuss simple food habits that can literally add years to your life and allow your organs to shed damaged cells and generate fresh, new stem cells (AKA help you recover from chronic illness and lose excess weight). Also discussed: who should try Keto? And who shouldn't? What about Paleo? Who can safely eat meat? Who should avoid it? Supplements or not? This podcast discusses how to decide and how to make safe choices for your health. [Listen to the podcast here.](#)



## For Foodies and Health Nuts: Tasty Veggie Shake!

### Recipe: Veggie Shake

NOTE: if you are someone who has had digestive issues such as IBS or SIBO, it is best to avoid green leafy vegetables such as kale, and berries with seeds. For all others, raw leafy greens in moderation – generally speaking cooked food is easier for our bodies to digest, but raw does have some benefits. Everything in moderation.

**Place all ingredients in a blender and blend on high until smooth. Enjoy!**

[One handful of spinach or kale.](#) If using spinach, break off the stems before washing thoroughly. If using kale, pull the leaf off the stem before washing, and chop or tear into smaller pieces.

[1/4 to 1/2 cup frozen or fresh berries](#)

[1/2 cup apple juice](#)

[8 oz Water](#)

[Dash or so of cinnamon](#) (best with kale) [OR Dash or two of nutmeg](#) (better with spinach)

### Optional:

1 tspn chopped Ginger Root (digestion, flavor)

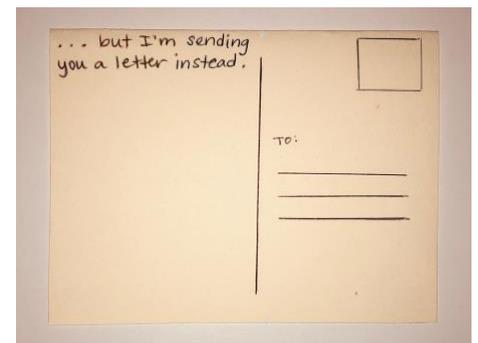
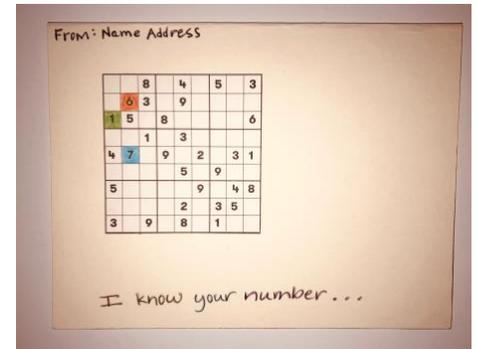
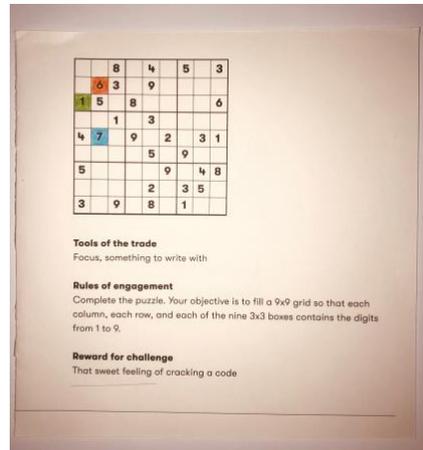
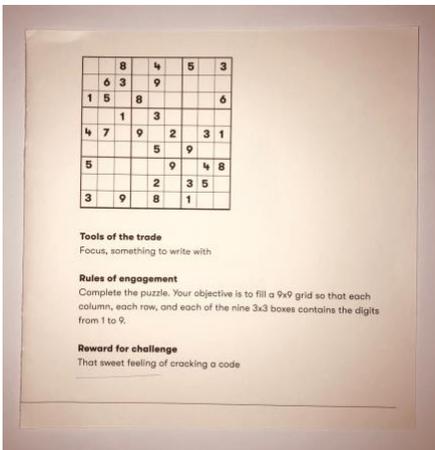
1 tspn Maca Root (energy, reproductive health support, slightly chocolate flavor)

1/2 tspn Beet Root powder (blood-tonifying, also adds sweetness)

## Creativity Corner: Snail Mail Makes a Comeback

Using simple materials you likely have lying around the house (magazines, newspapers, basic craft supplies), now is the perfect time to create and send a handmade note to someone you care about. A Sudoku puzzle colored and glued to card stock becomes a clever postcard. Words and images collaged onto a 4x6 folded piece of paper become an inspired gesture. Enjoy! And please post your creations on our WSYMCA Facebook and Instagram pages!

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**KiwiCo.com** This online company delivers excellent quality DIY kits that are delivered to your home. They have science, engineering and craft offerings for teens, toddlers, and all ages in-between. You can try one of their free ideas, order one kit, or get a monthly subscription. Enjoy! And if you complete one at home, please show us!

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[www.kiwico.com](http://www.kiwico.com)



## Special Information for Fighting Covid-19

For the latest news on how the Y is responding in our community, please visit <https://www.wsymca.org/coronavirus/covid-19-updates>

**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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