Staying Healthy at Home

Happy Friday! We hope you all had a safe, healthy and happy week! Please read the links below to read some great tips and resources.

Have No Fear... Y May Care is Here!

Are you looking back to work and ruminating about all that we’ve lost in our world? We at the YMCA of Greater Williamson County understand your concerns and are committed to helping you make a positive impact in your life! We understand this has been a tough period for many and we want you to know that we are here to support you in any way we can.

This amazing opportunity of Y May Care is happening now through Friday, May 28th. Please join us this Saturday for our online event! We will be sharing tips on how to stay healthy and happy during uncertain times. It is important to us, as this is a time to take a deeper breath and use this opportunity to give back to the community. 

Register Here!

Workout of the Day:

Full Body- No Equipment Needed (Workout):

- 20 Burpees
- 10 Push-ups
- 25 Sit-ups
- 15 Mountain Climbers (each side)
- 10 Push ups

Repeat 3 times!

Caring for the Community

As the YMCA of Greater Williamson County, we are here to support our community members in this unprecedented time. We are working hard to create safe environments and to offer programs that our community can enjoy. We encourage you to support us in any way you can.

We have been blessed with such supportive and caring members who have helped us continue to do our work even though there are different challenges. These funds go directly to our Financial Assistance program to give back in our community where it is needed most.

We continue to invite you to help us continue to make a difference in our community by donating to our Annual Campaign. These funds go directly to our Financial Assistance program. Your donation will help us continue to provide programs, stay healthy, and happy! We hope to see you there!

We are beyond thankful for all of you and your servant hearts to help those especially in need. We have been blessed with such supportive and caring members who have helped us continue to do our work even though there are different challenges.

Activate, Connect, & Honor.

At the YMCA of Greater Williamson County we continue to work towards meeting the needs of everyone who walk through our doors. We understand this has been a tough period for many and we want you to know that we are here to support you in any way we can.

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Fit Tips: Staying Motivated

If it’s hard to find time for yourself to work out or simply don’t feel up to it, take a day off. Be flexible, put it on paper, and try to get back on track as soon as you can.

1. Ask for Help: With signing up and putting in your work, it’s important to keep your goals realistic and achievable.

2. Make it Fun: If you’re too busy to work out or simply don’t feel up to it, take a day off. Be flexible, put it on paper, and try to get back on track as soon as you can.

3. Make Physical Activity Part of your Daily Routine: If it’s hard to find time for yourself to work out or simply don’t feel up to it, take a day off. Be flexible, put it on paper, and try to get back on track as soon as you can.

4. Put it on Paper: If you’re busy or you know that you won’t be able to work out, write down your goals and decide on a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can.

5. Make it Fun: Join forces with friends, neighbors, or co-workers to join you when you exercise. Work out with your partner or other family members.

6. Put it on Paper: If you’re too busy to work out or simply don’t feel up to it, take a day off. Be flexible, put it on paper, and try to get back on track as soon as you can.

7. Reward Yourself: Reward yourself for working out, even if it’s a small thing like giving yourself a pedicure or buying a new workout clothes. Find sports or activities that you enjoy, then vary the routine to keep it interesting.

Family Fun Activity:

Have a wonderful week! Advance your kids’ learning skills – learn the months of the year together in fun and engaging ways. Have a Spanish Coloring Pages for your child. You can learn the months of the year together in fun and engaging ways. Have a Spanish Coloring Pages for your child.

TrueRemove

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Stay Connected: Active Older Adults

During these times, it is even more important to stay active and engaged. We want to encourage you to stay connected with our older adult programs, stay healthy, and happy during uncertain times. We understand this has been a tough period for many and we want you to know that we are here to support you in any way we can.

We have been blessed with such supportive and caring members who have helped us continue to do our work even though there are different challenges.

Activate, Connect, & Honor.

You’re not in this alone. Invite friends and family to join you in your workout. The important thing is to get back on track as soon as you can.

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