



Stay Healthy at Home

Happy Friday! We hope that you have all had a safe, healthy and happy week! Please take a few minutes to read some great highlights and resources below.

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

Are you going back to work soon and stressed about what to do with the kiddos? Y May Care is here! The YMCA of Greater Williamson County will be offering **school aged childcare (5 years to 12 years old) for working parents due to extended school closures. Childcare is being offered at the following locations: Camp Twin Lakes, Camp Round Rock, & Camp Burnet.**

This amazing opportunity of **May Care is happening now through Friday, May 22nd.** Learn more on the YMCA May Child Care by [clicking here](#). Space is limited, so be sure to reserve your spot today by using the link below!

[Register Here!](#)

Workout of the Day:

Full Body- No Equipment Needed Workout:

Cardio/Warm Up:

- 10 Minutes jogging or walking or combo

Workout:

- 15 Reverse Lunges (each leg)
- 10 Push ups
- 15 Mountain Climbers (each side)
- 20 Side Lying Leg Lifts (each side)
- 15 Squats
- 25 Crunches
- 1 Minute Plank
- 15 Tricep Dips (off a chair or bench)

** 30 second rest between each exercise

Repeat 3 times!



NEW: YMCA Virtual +

We had a successful first week for our new Virtual + Program! We loved getting to see you (from a distance) and workout together again! We will continue the same schedule for next week, so please join us!

Gymnastics classes are limited to 9 participants, and you must sign up in advance of the class. Fitness classes will have no participant limits and we will use proper social distancing. Please meet our Instructors in the YMCA parking lot to participate in a class! Please refer to the email and schedule sent out to you on Saturday, May 2, 2020.

We hope this new opportunity will allow you and the kiddos to participate in YMCA programs, stay healthy, and happy! We hope to see you there!

Caring for the Community

At the YMCA of Greater Williamson County we continue to work towards meeting the needs of the community during this uncertain time. We are continuing to support our members through our Operation REACH- which stands for: Reach out, Encourage, Activate, Connect, & Honor.

We have been blessed with such supportive and caring members who have reached out to us to help others during this difficult and unexpected time. We are beyond thankful for all of you and your servant hearts to help those especially in our YMCA family.

Thank you to those who participated this past Tuesday in #GivingTuesdayNOW. Your continued support is beyond appreciated as we work towards helping those in our community.

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 to give back in our community where it is needed most. **With your support we will be ready! #staywithus**

[Give Today](#)



Family Fun Activity:

Learn a new language! Advance your kiddos Spanish skills with these Spanish coloring pages. These coloring pages are FREE to download. You will love the education behind them and your kids will love coloring the fun pages while learning! Also, click to the left to learn the months of the year together in Spanish!

[Spanish Coloring Pages](#)

Fit Tip: Staying Motivated

After almost 2 months of staying at home our motivation can begin to drop. Here are a few helpful tips to stay motivated and moving during this time!

1. **Set Goals:** Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable.
2. **Make it Fun:** Find sports or activities that you enjoy, then vary the routine to keep it interesting. If you're not enjoying your workouts, try something different. Remember, exercise doesn't have to be boring, and you're more likely to stick with a fitness program if you're having fun.
3. **Make Physical Activity Part of your Daily Routine:** If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity.
4. **Put it on Paper:** Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write down your goals. Seeing the benefits of regular exercise and writing your goals down on paper may help you stay motivated.
5. **Join Forces with Friends, Neighbors, etc:** You're not in this alone. Invite friends or co-workers to join you when you exercise. Work out with your partner or other loved ones. Play soccer with your kids.
6. **Reward Yourself:** After each exercise session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise.
7. **Be Flexible:** If you're too busy to work out or simply don't feel up to it, take 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.



Stay Connected: Active Older Adults

During this time there are many Americans who are struggling with depression, whether it is from losing their job, being stuck inside, or lack of social activities. There is a great need for volunteers to help write letters of hope and support for people all over the United States. Help make a difference and volunteer to write a few letters to encourage others around us! Click below to learn more on how to take part in this opportunity to give back to the community.

[Letters Against Depression](#)

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