



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING HEALTH A PRIORITY

Keeping Fit at Home YMCA OF PIERCE AND KITSAP COUNTIES

So many factors influence your overall wellness. At the Y, we care for the whole person because we know your health is measured by more than a number on a scale – it's the mornings when you wake up without joint pain, the years you can spend with your loved ones, and feeling good about your body every day. Below you will discover the resources that have been thoughtfully designed to support your wellness goals in spirit, mind, and body, all in the comfort of your own home.

FIND THE RIGHT OPTIONS FOR YOU



YMCA'S VIRTUAL EXERCISE CLASSES

All of your favorite Y group exercise classes and more!

- [Full Workout Playlist](#)

TARGETED WORKOUTS

- [Resistance Band](#)
- [Glutes](#)
- [Foam Rolling](#)
- [Seated Posture and Self Care](#)
- [Core Strength](#)

[YMCAPKC.ORG/VIRTUAL](https://ymcapkc.org/virtual)

ADDITIONAL RESOURCES AND WORKOUTS

- **Beach Ball Rainbows** – Stand shoulder-width apart and softly bent the knees. Hold a real or imaginary beach ball between your hands. Trace a rainbow from side to side with your beach ball, shifting body weight from side to side.
- ***Knee Raises** – Stand tall with your feet hip-width apart. Raise your knee up to hip height or as high as comfortable. Lower and repeat with the other knee. Tuck your pelvis and bring the knee as close to your chest as possible. To add intensity, raise your arms up above your head while performing this exercise.
- **Sit to Stand** – Begin seated about halfway on a chair. Cross your arms like a genie, and use core muscles and a bit of momentum to stand fully. Maintaining genie arms, control your body as you sit back down onto the chair. Repeat ten times. To add difficulty, slow the lowering to chair to eight-counts.
- **Paddling the Canoe** – Standing shoulder-width apart, angle out your toes toward the front corners of the room. Bring fist hands together in front of body, one on top of the other as if holding a paddle. Begin rowing the hands down and back from side to side, shifting body weight as you move.
- **Goal Post Side Steps** – Hold arms up in a goalpost position. Step wide to the right with arms open, then return to center and close goalpost arms in front of face. Repeat on other side. Continue repetitions while focusing on squeezing the muscles between shoulder blades and opening chest.
- **Reach and Tap** – Tap left foot out to left side and reach left arm up and across body. Return to center, then tap right foot out to right and reach right arm up and across body. Continue side to side.
- **Shoot the Basket** – Standing shoulder-width apart, hold an imaginary basketball at your chest. Imagine you are at the free throw line. Gently sit down into a partial squat then push through heels to rise up and shoot the basket. Return hands back to chest as you sit down into a partial squat again. Continue shots, raising up onto toes as you shoot the ball for added difficulty.



SEATED STRETCHES: Enjoy all of these stretches while sitting in a chair.

- **Torso Circles** – Inhale tall and elongate the spine, then begin making slow, small circles with the torso. Increase the circles as you become more comfortable with the move. Reverse.
- ***Hamstring and Foot Stretch** – Extend one leg while flexing your heel on floor. Inhale tall, elongating the spine, then hinge the torso forward from the hips. Once you feel the stretch in the back of the thigh – challenging but not painful – hold that stretch and continue deep breathing in and out. Hold for up to 30 seconds, allowing the hand to reach for the flexed foot if desired.
- ***Seated Pigeon Stretch** – Cross one leg over the knee, with the ankle resting on top. Allow the knee to open in a comfortable position. Place hand on knee, and the other hand on the ankle. Inhale tall and as you exhale, hinge the torso forward. Once you feel the stretch begin in the glutes and hip – challenging but not painful – hold that stretch and continue deep breathing in and out. Hold up to 30 seconds.
- **Seated Rotation** – As you exhale, rotate torso to the left and lower both hands to the left side of the seat of the chair. Gently hold the stretch, then return to center. Repeat to the right.



RELAXATION TECHNIQUES PROVIDED BY HELPGUIDE.ORG*

- **Sit comfortably with your back straight.** Put one hand on your chest and the other on your stomach.
- **Breathe in through your nose.** The hand on your stomach should rise. The hand on your chest should move very little.
- **Exhale through your mouth,** pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- **Continue to breathe in through your nose and out through your mouth.** Try to inhale enough so that your lower abdomen rises and falls.
- **Count slowly as you exhale.**

