



TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

May 20, 2020

trymca.org

TRAINER TIP

As runners, we often become so focused on our running and neglect to add weight training to our running programs. An example of a weight training exercise you can add is called a weighted step-up with knee drive. For this exercise begin by standing in front of a step/bench holding a dumbbell in each hand. Step up with your right foot and drive the left knee up toward your chest, so that the hip and knee form a 90 degree angle. Return to start and alternate feet. This exercise targets glutes, quads and hamstrings. Check your member email later this week to see a demonstration of this from personal trainer VJ Clark and to learn some other strengthening exercises designed to help runners maximize their potential.



WE WANT TO HEAR FROM OUR MEMBERS!

What have you and your family been up to? Have you started a new hobby or tried a new recipe? Learned a new skill or built a healthy habit? Maybe you have a favorite physical activity or family game!

Let us know! Email Marissa at mzinni@trymca.org and you may end up in a future connections newsletter!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**American
Red Cross**

HELP SAVE A LIFE GIVE THE GIFT OF BLOOD



As of Tuesday, May 19th, the Twin Rivers YMCA has held 13 emergency blood drives in the gym, with another 3 scheduled. The American Red Cross has collected 414 units of blood. For every unit of blood collected, it can aid in assisting three lives, that accounts for 1,000 lives just by the Twin Rivers YMCA partnering with the American Red Cross. The Y has also seen 96 first time donors. As thousands of blood drives around the nation were cancelled due to the impact of COVID-19, our drive protected the health and well-being of the most vulnerable among us – including accident victims, cancer patients, those suffering from chronic illnesses and many others. The Twin Rivers YMCA has been recognized as an extraordinary Blood Program Partner who has stood with the American Red Cross during the Covid-19 pandemic.



Upcoming Drives:

Friday, May 22nd: 10am-3pm

Tuesday, May 26th: 10am-3pm

Wednesday, May 27th: 1pm-6pm

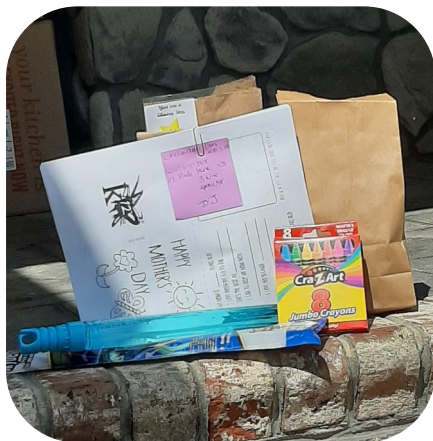
Register at redcrossblood.org

COVID-19 Pandemic
American Red Cross Blood Program Partner

Come to give May 15-31 for a special Red Cross T-shirt by mail, while supplies last!

SPREADING JOY AND CREATIVE OPPORTUNITIES

The Twin Rivers YMCA Family Services Staff have been delivering activity kits to children in the area that need a creativity boost! Activity kits will continue through Thursday, May 21st, while supplies last. Please e-mail Iesha Grove at igrove@trymca.org to schedule a time for our staff to drop off your kit.



COMMUNITY SUPPORT

Our local hospital and healthcare workers are heroes in more ways than one and we want to give special thanks for all that they do! Not only does CarolinaEast Health System work hard everyday to keep us all healthy and safe, they have also committed to #staywithus as our title sponsor of our races! Share your thanks with a healthcare professional, today.



FAVORITE BIBLE VERSE

**Marissa Zinni, Volunteer and
Special Events Director**

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

