



# TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

May 27, 2020

[trymca.org](http://trymca.org)

## FITNESS TIP

Pushups can be a great way to improve your upper body strength at home with no equipment. Pushups improve strength in your chest, shoulders, triceps, abdominals, and other accessory muscles.

Can't do a push-up yet? There are lots of modifications to build strength to get you to a standard push-up on your toes! Check your member email later this week for a video demonstration from Laura Kirk, Group Fitness Instructor.



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## WORDS OF ENCOURAGEMENT

**"True happiness comes from having a sense of inner peace and contentment, which in turn must be achieved by cultivating altruism, love and compassion, and by eliminating anger, selfishness and greed."**

-Dalai Lama

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## 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](mailto:mzinni@trymca.org) and you may end up in a future connections newsletter!





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER SAFETY TIPS



## TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.



## STRONG SWIMMERS, CONFIDENT KIDS!

## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

## I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

## GET CERTIFIED

Become certified in infant and child First Aid and CPR.



## A BIG THANK YOU!

Even though we were not able to have our Wacky Tacky 5K event this spring, we want to take a moment to recognize our sponsors who stuck with us. They are all bright shining stars in the community!



Staff Members, Dave and Mary Santiago found a bird laying on the ground next to their car, that looked as though it flew into their car window. With advice from their community, they placed it in a box with soft bedding, food, and water and left it in a quiet place overnight. The next day they took the box outside to release the bird and he flew away successfully.



Health and Wellness Director, Kira Parker, had an unexpected visitor show up in her driveway this week. Many turtles crossing roads are egg-laden females looking for appropriate nesting sites. Do NOT relocate a turtle to a "better place", instead relocate them to the side of the road that they are headed towards. Turtles have small home territories and should be left where they are found.