



Muskegon YMCA

Healthy Living Tips

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Staying home can put a damper on our routines and moods. Each day the Muskegon YMCA will be sharing 3 tips for your family to stay happy and healthy. Please feel free to share with your family and friends!

Healthy Eating

Visit this link to learn about the importance of mindful eating, and how to practice it with your family:

[https://
www.actionforhealthykids.org/
activity/mindful-eating/](https://www.actionforhealthykids.org/activity/mindful-eating/)



Physical Activity

Have fun with this Heart Healthy Exercise game with printables

[https://
www.makeandtakes.com/wp-
content/uploads/Heart-
Healthy-Exercise-Game-Make-
-and-Takes.pdf](https://www.makeandtakes.com/wp-content/uploads/Heart-Healthy-Exercise-Game-Make-and-Takes.pdf) [https://
www.makeandtakes.com/
heart-healthy-exercise-
printable](https://www.makeandtakes.com/heart-healthy-exercise-printable)




Social Distancing


Learn the lyrics to the song you just heard on the radio.

We'd love to know your favorite songs.




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