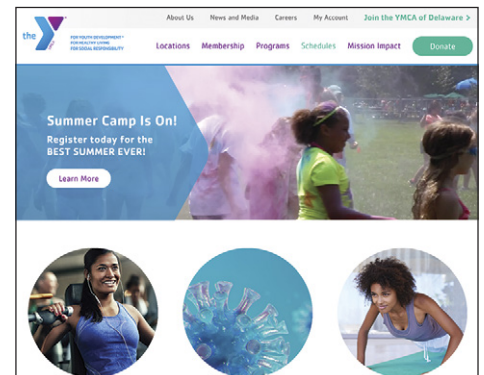
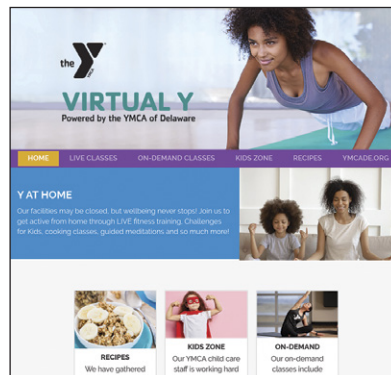


# Shedding Your COVID-19 Pounds

Staying healthy amid quarantine

BY COLIN HEFFINGER



THERE IS NO DENYING the reality that COVID-19 has left a lasting impact on our lives. One of the aspects that has taken a significant hit from the mandated quarantine is physical activity. Being confined indoors typically limits the opportunities for physical activity, especially when gyms are often closed or operating at limited capacity. Most major sports have also been canceled and areas designated for these activities may be shut down. Fortunately, a well-known nonprofit organization has gone the extra mile to provide consistent exercise-based content for its surrounding communities: the YMCA of Delaware.

The YMCA of Delaware offers a variety of solutions to face the lag in physical activity triggered by the pandemic. This content ranges from live streaming classes, 5-minute break programs for parents and their children, access to cancer recovery and diabetes prevention programs online, safe in-person sessions and more. The aim of these solutions is to provide options based on comfort level. Individuals could easily watch and participate in a livestream within their home or go into the Y and exercise with socially distanced groups, all while still interacting with their favorite instructors.

Deborah Bagatta-Bowles, CEO of the YMCA of Delaware, explains how their team quickly adapted in the face of the pandemic. "We sprang into action because we knew our community needed some immediate relief," Deborah states. "We provide pre-recorded classes and live stream classes from our most popular instructors filmed at the Y or in the instructors' homes. Many programs offered have been aligned with school and camp schedules and provide parents

The surrounding pictures portray the ease of access to become involved in virtual content across the YMCA of Delaware's website and social media pages. Content produced by the YMCA of Delaware is available at no cost to view and participate in at any time on their virtual live website at <https://virtually.ymcade.org/live-classes/>. Prior posted video content can be watched on their Facebook page at <https://www.facebook.com/ymcade/>.

relief as well as keep kids engaged in a positive way. This is important for everyone's health and wellbeing, so we've made it available to all Delawareans - YMCA members and non-members."

Safety and variety of content are major priorities at the YMCA of Delaware. People will always desire to have choices and the ability to control workouts at their individual level of comfort and convenience. By safely offering sessions virtually and in person, the YMCA can serve more people throughout Delaware communities.

"We've received consistently great feedback," Deborah explains. "People have called the classes a lifesaver. They're able to continue connecting with instructors that they love and trust. Zumba zoom classes have provided people the opportunity to have fun and be engaged with their communities in unique ways."

"It's been very satisfying for our team to mobilize a response as well as develop new skills and experiences through developing virtual content. The worst thing that people can do is nothing," Deborah reflects. "We are really pleased to be able to provide these services to the community and look forward to continue doing so. The pandemic has proven to us that we can stay active and find new ways to stay connected." ■