

Junior Secondary Guidance Officer – Anna Willis

Virtual Y – a new resource tailored to young people from YMCA



With so much conflicting information out there about what's healthy and what's not, it can be difficult making decisions on what's best for our bodies. YMCA's Healthy Living Magazine is available on the Virtual Y portal with lots of great recipes, nutrition advice and videos to inspire your next meal.

The [Virtual Y nutrition blog](#) explores topics such as: making changes to our nutrition so we can gain long-lasting benefits; finding easy and interesting ways to sneak vegetables into our daily foods, which is great for fussy eaters; the benefits of eating "mindfully", to aid digestion and enjoyment of food; and Nutrition Australia's Try for 5 initiative, encouraging Australians to increase their vegetable intake to five serves per day.

As staying healthy means not only eating well but also keeping fit, Virtual Y includes online fitness events and classes which can be accessed anytime, anywhere. The events cover a wide range of topics, such as Pilates, core strength, HIIT, meditation, yoga and dancing.

A healthy mind is just as important as a healthy body, so Virtual Y offers heaps of resources on wellbeing, such as managing stress, brain games, cognitive restructuring, and everyday mindfulness. These are just some of the benefits on offer from Virtual Y, so check it out today and see what it can do for you and your community by registering: <https://virtualy.ymca.org.au/register>.