



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

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RESOLUTION WEEK: It's All About You!

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Along with singing “Auld Lang Syne” at the start of the New Year, making resolutions is a tradition for millions of Americans. However, while choosing a resolution can be easy, sticking to them is hard. A YMCA survey found that less than a quarter of respondents kept their resolutions. Many (71 percent) tried, but stated that they fell short of their goals, while 40 percent confessed that gave up within the first few months, even weeks, of the New Year!

At the YMCA, it's all about YOU! While there is no “right way” to keep a resolution, the YMCA of the Blue Water Area is offering community members tools to give their New Year's resolutions a boost by:

Try the Y – Come in and use a free guest pass between December 31st and January 6th

My Roadmap to Wellness – Visit the YMCA between December 31st and January 6th and let one of the YMCA staff help you design a plan to achieve your goals

Demo Days - Have you been wanting to take advantage of the Y's many group exercise offerings but don't know where to start? Looking for something new? You don't have to be a member to take classes at the Y. Take advantage of the opportunity to sample a variety of different classes, meet different instructors, and build a schedule to meet your needs.

Here are some ways to give New Year's resolutions a boost:

1. **Start small.** Break those big resolutions into small, achievable goals. “Getting healthy” is too broad so reframe that big resolution into smaller, more manageable goals. Instead of cutting chocolate out of your diet for good, vow to only have it a few times a week. Or trade your two sodas a day for one soda and a glass of water.
2. **Take it one step at a time.** Trying to change too many habits at once can easily lead to frustration. Instead of a *New Year's* resolution, make a new *month* resolution. Focus on that one change for the month and add another (small) change when the new month rolls around.
3. **Keep the faith.** Don't get discouraged by setbacks. Even though you may experience some missteps throughout the day—or even the week—that doesn't mean you have to give up. Bad habits aren't created in a week, so try as you might, you can't change them in a week either.

4. **It's all about attitude.** It's important to think about what you're gaining from a resolution rather than what you're missing. This can make a resolution feel more positive, and therefore more achievable. For example, you may want to limit your screen time in 2019, but that can be more manageable if you replace it with something positive like volunteering or setting special time aside for family.

5. **Talk it out.** It's easier to stick to your resolutions if you have a partner or friend working toward similar goals. Team up with someone to set your 2019 goals and help each other establish a game plan dedicated to achieving them. Set specific check-ins to help each other out of slumps and to cheer each other during the high points.

"Changing behaviors is a tough task even for the most dedicated and motivated people," said Josh Chapman, Vice President – Healthy Living and Membership. "The new year is a great time to make changes, but it's important to remember that any change takes time, and the type of resolution you make plays is a huge factor in your success. Here at the YMCA we are offering several tools to help you meet your goals."

Additionally, many people join a gym or other health facility to help keep their resolutions. Just as making your resolutions manageable contributes to success, the type of place you join is important as well. Make sure the facility you pick is the right fit.

"While we'd love everyone to join the Y, when it comes to adding healthy behaviors like increasing physical activity, it's important to find a facility where you feel comfortable, but also keeps you motivated," added Chapman. "Before committing to a membership, take a tour of local gyms to find the best fit for you. Your facility should not be just a gym, but an environment that offers more health, more hope and more opportunity."

To learn more about the YMCA of the Blue Water Area, contact them at (810) 987-6400 or visit www.bluewaterymca.com for more information.

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For nearly 130 years, the Y has been strengthening our community through youth development, healthy living and social responsibility. The Y engages men, women and children of the Blue Water Area in nurturing the potential of youth and teens, improving the area's health and well-being, and providing opportunities to give back and support our neighbors. All Y programs and services are designed to build the core character values of caring, honesty, respect and responsibility. The Y is a place for people of all faiths, races, abilities, ages and incomes. www.bluewaterymca.com.