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FOR HEALTHY LIVING
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Reframing New Year's Resolutions Can Lead to Success

In the children's book *Anne of Green Gables* by L.M. Montgomery, Anne remarks to her adoptive mother Marilla, "Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?" It's a true sentiment and one many Americans will note as they say goodbye to 2015. The New Year is still fresh with no mistakes in it, and a perfect opportunity to make resolutions that will help strengthen one's spirit, mind and body.

However, many of us find our resolutions thrown out along with the holiday decorations. It's no wonder—we start the New Year by making sweeping cuts to our diets and declarations that we'll hit the gym seven days a week. But by reframing resolutions and breaking them down into smaller, easy-to-sustain goals you'll see big benefits in the long run.

As a community-serving organization here in Hastings, we see how things such as getting involved in with the community and making lifestyle changes can change someone's life for the better. Here are five New Year's Resolutions the Hastings Family YMCA recommends for 2016:

1. **Swap a Soda a Day:** It may be difficult, but cutting soda can do wonders for your body. If you can't cut it entirely, resolve to swap one soda a day for a large glass of water instead. Once you've been able to swap one out, see if you can cut soda entirely.
2. **Volunteer Your Time:** Giving back and supporting neighbors can benefit everyone involved. Not only is it a personally rewarding experience to help others in need, but it's also a way to meet new people or discover an interest. Find an opportunity in your community, such as reading to children at the library or distributing food at a local food bank.
3. **Schedule Family-Time:** With work, school and activities family-time may seem like an impossible ask, but see if your family can have a "screen-free" night with no phones, video games, etc. Instead, use that time to play a board game, play outside or visit with family and friends.
4. **Move More:** It's important for children to get at least 60 minutes of physical activity each day (30 minutes for adults). Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being.
5. **Put Extras to Good Use:** Do you have extra canned goods or clothes that could benefit others in need? Clean out your pantry, closet or attic and donate extra items to homeless shelters or community outreach programs.

For additional tips or to learn more about how to get involved with the Hastings Family YMCA, contact (402) 463-3139 or visit www.hastingsymca.net