

## 2019, A Year for Milestones

Y Staff

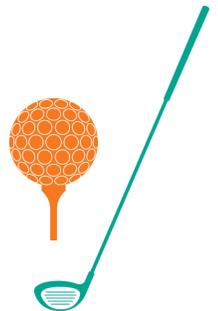
Here at the Tri-County Y, we recognize every milestone and are excited to celebrate them, no matter how big or small.

This year, we will be celebrating some milestones of our own. 2019 marks the 10 year anniversary for our Boot Camp group fitness class, and the 25 year anniversary for our annual Golf Tournament.

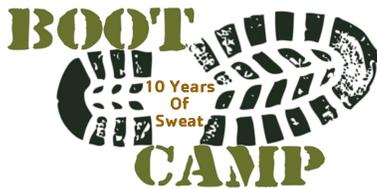


For 10 years, we have offered our members a phenomenal workout with our Boot Camp. Through those years, we have lead hundreds of people through this fat-burning, muscle building, heart pumping class. Join us for 8 weeks and earn a Boot Camp Survivor shirt for yourself during this momentous year.

As we celebrate our annual Golf Tournament this year, we are planning a BIG celebration. As our largest fundraiser of the year, we rely on this event to provide funding for our financial assistance program. Join us for a day on the links, followed by the best party in the valley on Friday, May 17th.



This year can be your year for milestones, too. Let us help you meet your health and wellness goals with our personal trainers or our nutritionist. Lets celebrate together!



### Upcoming

- January 2nd—12th  
Bring a Friend to a Group Exercise Class
- January 5th  
Swim Meet, limited aquatic center hours
- January 7th—11th  
New Year, New You Challenge Kick Off  
Winter Volleyball Captain's meeting, 6pm
- January 8th  
Y-Winner's Basketball Coach's meeting, 6pm
- January 11th  
Y-Winner's Basketball registration deadline
- January 12th  
Winter Warm-Up Volleyball Scramble, 9am-5pm  
No Group Fitness Classes
- January 21st  
MLK Swim Meet, limited aquatic center hours
- January 11, 14, 21  
Vacation Days

### 11 Ways to Encourage Your Child to be Physically Active

Children and teens spend 7 hours a day on average using TVs, computers, phones or other electronic devices. Only around 1 in 3 children are physically active every day. Here are some ways to keep them active:

- Talk with you child's doctor for suggestions
- Find a fun activity
- Choose a developmentally appropriate activity
- Plan ahead: making time, finding a place
- Provide a safe environment for play
- Provide active toys like balls or jump ropes
- Be a role model, stay active as an example
- Play with your children, helping them learn
- Turn off the TV, limit screen time
- Make time for activity
- Don't overdo it

Y-Winner Basketball registration deadline is 1/11/19 and is open to ages 5-13. Register online [HERE](#)

## Tips for Choosing a Nutrient Rich Diet

According to the Academy of Nutrition and Dietetics, selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan. You should enjoy your diet. In choosing nutrient-rich foods, you'll notice they are familiar, easy to find and represent the five basic food groups. Achieving balance and building a healthier diet can be simple and stress-free.

Choose first among the basic food groups:

- Brightly colored fruits and 100% fruit juice
- Vibrantly colored vegetable, including potatoes
- Whole-grain, fortified and fiber-rich foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts



Spend a few minutes to cut and bag vegetable so they are in easy reach for every family member; or top foods with chopped nuts to get crunch, flavor and nutrients from the first bite. Simple, practical food choices are the simplest way to keep yourself on the right nutritional track.

For more information, click [HERE](#)

### Find a Fitness Friend!

A workout buddy is hugely helpful for keeping motivated, but it's also important to find someone who will inspire—not discourage.

Make a list of all your exercise-loving friends, then see who fits this criteria:

- Can they meet on a regular basis?
- Are they supportive?
- Can they keep up with you, even pushing your limits?

If you've got someone that fits all three, you have yourself a potential BFF (best fitness friend).

Bring your BFF to Bring a Friend Week, January 2nd-12th and enjoy a group fitness class together. Find a class [HERE](#)

## 4 ways to create healthy habits for 2019

Kristen A. Schmitt, USA TODAY

The new year is a great time for a fresh start, when you can radically shake things up and zero in on personal goals. While roughly half of Americans make New Year's resolutions, only 9 percent actually keep them, according to the Statistic Brain Research Institute. Why? Because many resolutions can be either too ambitious or restrictive to maintain in the long term. Yet, the dawn of a new year can be one of the best times to "reset" your goals, and our experts offer tips on how to start 2019 off right and continue all year long.

### Move daily

You don't necessarily have to start with a 10-mile jog. "A little something every day or a little something regularly is more beneficial than one big sweaty calorie-burning yoga class or one big workout," says Adriene Mishler, who offers free yoga and meditation videos at [YogaWithAdriene.com](#). By providing free content, she hopes to make regular practice more accessible to the masses and convince more people that daily exercise doesn't have to be a chore.

### Strengthen connections

You can develop and deepen current relationships by attending a college reunion, joining a book club, throwing a party or hosting a neighborhood potluck. It's not about quantity of friendships, but the quality.

### Renovate your eating habits

Skip the cream and sugar. "Drinking your coffee black for 30 days is not hard," says Melissa Hartwig, co-creator of the Whole30 diet, which, she asserts, is not meant to be a permanent food plan. Instead, it's a tough-love, 30-day program that eliminates sugar, alcohol, grains, legumes and most dairy — common foods that are problematic for many people — from your diet. After 30 days, slowly reintroduce these foods, carefully calibrating and renovating your eating habits to ensure your body is at peak performance.

### Welcome growth and focus

"It's really important to embrace the growth mindset," says Hartwig. "If you want to make changes in your life like eating better or exercising or meditating, you can embrace this idea and then look for ways to support that." Mishler suggests using pen and paper. "Don't underestimate the power of writing down your intentions and keeping that in mind as you progress throughout the year."

Full article can be found [HERE](#)

