



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**For Immediate Release**

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## **Work Out and Help Out in 2018**

**Tampa, FL (Dec. 20, 2017)** - 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 it can be impossible. A nationwide YMCA survey found less than a quarter of respondents kept their resolutions. Many (71 percent) tried, but stated they fell short of their goals, while 40 percent confessed they gave up within the first few months, even weeks, of the New Year.

This year, the [Tampa Metropolitan Area YMCA](#) is encouraging community members to give their New Year’s resolutions a boost by creating smaller, more manageable goals that can lead to success of a larger one. “Losing weight is too broad,” explains Wellness Experience Executive Jenny Beadle. “Reframe that big resolution into smaller, more manageable ones. Resolve to incorporate fruits and vegetables into at least two meals a day. If you’re eating out three times a week, make a goal to only eat out two times a week.”

Reframing your goals in a positive way can help you stick to them. For example, you may want to limit your screen time in 2018, but that can be more manageable if you replace it with something positive like volunteering or setting special time aside for family. “Try not to think about what you’re missing, but rather what you’re gaining. This can make a resolution feel more positive, and therefore more achievable,” says Beadle.

It’s important to not let yourself 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. “Nobody got their bad habits over the course of a week, so you’re not going to change them in a week either,” explains Beadle. “Change is a process and bad days are part of that process.”

Below are four tips the Tampa YMCA recommends to help 2018 New Year’s resolutions stick:

1. **Start small.** Break those big resolutions into small, achievable 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. **Choose a facility that focuses on a holistic approach to health.** When it comes to adding healthy behaviors, like increasing physical activity, it's important to find a facility that keeps you motivated. Case in point, the Y is not just a gym, but a community organization that focuses on a holistic approach to health. By joining the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together and we all build relationships that deepen our sense of belonging.
4. **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 2018 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.

The Y can help make 2018 your year to feel supported, improve your well-being and learn healthy habits that last a lifetime. This New Year, join a cause that benefits yourself as well as your community. New members who join between Jan. 1-31 will pay a \$0 join fee, which is up to \$49 in savings! Log on to <https://www.tampaymca.org/> and let one of our 12 locations help you take the best care of yourself in 2018! And if you're traveling during the New Year, we are proud to offer Nationwide Membership access to [YMCA facilities](#) across the U.S. This way, you can use the Y as often as you'd like, making it easier to achieve your health and wellness goals.

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The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [www.tampaymca.org](http://www.tampaymca.org)