Tips for Achieving New Year’s Resolutions

“Finding a supportive community like the Y can be beneficial in keeping resolutions on track, because our organization is so much more than a nonprofit gym,” said Jenny Beadle, Wellness Director at YMCA's Center for Health Innovation. “It’s a community of supportive neighbors that offers more health, more hope and more opportunity for the New Year and years to come.”

A positive outlook doesn’t always translate to action unless without setting manageable goals and leaning on the support of health and wellness communities. Here are five tips the Y recommends to help make a healthy New Year’s resolution stick:

1. **Start small.** Set attainable resolutions. For example, if your goal is to exercise more frequently in the New Year, don’t schedule seven days a week at the gym. Start with a reasonable three days a week. If you’d like to eat healthier, try replacing desserts with other foods you enjoy, such as fruit or yogurt.

2. **Take it one step at a time.** Making a New Year’s resolution doesn’t require you to reassess every little detail of your life. Replacing unhealthy behaviors with healthy ones takes time, so don’t become overwhelmed. Work to change one behavior at a time, and then go from there.

3. **Choose a facility that focuses on a holistic approach to health.** When it comes to adding healthy behaviors – like working out – to your lifestyle, finding a facility that keeps you motivated is critical to maintaining your exercise routine. Your facility should not be just a gym, but a community organization that offers more health, more hope and more opportunity.

4. **Establish a little friendly competition.** Y survey respondents felt a little “healthy competition” when friends encouraged them to be even more committed to keeping their New Year’s resolutions. Share your experiences with support groups – friends, family, fellow workout class members or close colleagues. Talking about your struggles and successes will make your goals more obtainable and less intimidating.

5. **Set New Year’s goals with someone you love.** It’s easier to stick to your resolutions if you have a partner working toward similar goals. Y survey respondents indicated that they would set the same resolution for a member of their immediate family. Team up with a family member to set your goals, and establish a game plan that is dedicated to achieving them.