



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

Contact:
Doug Bishop
Greater Burlington YMCA
802-734-4295
dbishop@gbymca.org

Make Resolutions Stick in 2017

The start to a healthier New Year

Burlington, VT – January 4, 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 is easy, sticking to it can be impossible. A 2014 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!

This year, the Greater Burlington 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. “Getting healthy’ is not a goal—it’s too broad,” explains Doug Bishop, Director of Communications. “You can reframe that broad resolution into multiple, more manageable and measurable goals. If you aren’t active at all right now, try to incorporate activity into your routine three days a week, before telling yourself that you’ll work out every single day.”

The Greater Burlington YMCA also explains that reframing your goals in a positive way can help you stick to them. For example, you may want to limit your screen time in 2016, 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 Bishop.

The Greater Burlington YMCA also explains that 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 Bishop. Change is a process and bad days are part of that process.

Below are four tips the Greater Burlington YMCA recommends to help 2017 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. 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 a community organization that offers more health, more hope and more opportunity.
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 2017 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.

For additional tips or to learn how to get involved with the Greater Burlington YMCA, stop by the Y, call 862-YMCA, or visit www.gbymca.org.

###

About the Y

The Greater Burlington YMCA is a non-profit organization with roots in Burlington that date to 1866 with a mission to build a strong community by involving youth, adults and families in programs and activities that develop spirit, mind and body. Last year, the Y awarded \$600,000 in financial assistance so everyone could access the Y's life-enriching programs regardless of ability to pay.