



Set New Year's Resolutions as a Family

As the dust settles and the holidays are beyond us, it's time to look forward to the year to come! The following New Year's resolutions from the YMCA encourages families to commit to spending more time together in 2010 by creating fun and healthy family resolutions.

1. **Prepare and eat meals as a family** – Start with sitting down as a family for one meal a week, and if this is something that already happens in your home, aim for a meal together every day. Studies have shown that kids who regularly eat with their parents are less likely to be overweight. They get better grades, have stronger self-esteem and enjoy better peer relationships during adolescence.
2. **Volunteer as a family** – It's never too soon to teach children about the importance of giving. Find a volunteer opportunity that the entire family would enjoy—clean your neighborhood park or volunteer at your community food bank.
3. **Learn something new as a family** –The New Year is the time for new beginnings! Decide as a family to try something that you've always wanted to do – learn how to golf, ski, or take pottery classes! Visit www.healthyfamilyhome.org for monthly ideas.
4. **Create healthy family traditions around the holidays; Start the year off with new and exciting healthy family traditions** –Set aside time as a family during the holidays to enjoy one another: plan a winter wonderland family fun day, walk together after holiday meals, share your proudest accomplishment from the year and talk about the family goals for the New Year.
5. **Play Every Day!!** – Incorporate physical activity into your daily routines, spend more time outdoors, walk places instead of driving, play musical chairs at the start of a meal, or visit your local YMCA.

The Indian Boundary YMCA, an affiliate of the YMCA of Metropolitan Chicago provides family strengthening, youth development and health and wellness activities and programs to just over 20,000 individuals from Downers Grove and the surrounding communities. Visit the Indian Boundary website at <http://www.indianboundaryymca.org>

About YMCAs: The nation's 2,686 YMCAs serve 21 million people each year, including nearly 10 million children under the age of 18. YMCAs respond to critical social needs by drawing on their collective strength as one of America's largest not-for-profit community service organizations. Through a variety of programs and services focused on the holistic development of children and youth, family strengthening, and health and well-being for all, YMCAs unite men, women and children of all ages, faiths, backgrounds, abilities and income levels. From urban areas to small towns, YMCAs have proudly served America's communities for nearly 160 years by building healthy spirit, mind and body for all. Visit www.ymca.net to find your local YMCA.