

GOOD NEWS!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TWIN RIVERS YMCA

100 YMCA Lane, New Bern, NC 28560

January 2019

www.trymca.org

MEMBER ENGAGEMENT NEWSLETTER



STRENGTH IN NUMBERS

Many of us have heard that partaking in regular physical activity can have health benefits including, lowered blood pressure, decreased stress, improved sleep, and better circulation, to name a few. Did you know that working out in a group setting can have bonus benefits?

Increased Sociability – whether you are a fitness enthusiast or force yourself to workout, there is someone in your class that you will be able to relate with. In a world where we've become so dependent on email and texting, working out with a group offers that human interaction. Being able to meet people outside of your work or personal circles allows for you to broaden your contacts and circle of influence. And you never know, you just may meet your new best friend.

Increased Accountability and Motivation – Connecting and building relationships with fellow exercisers and instructors will give you the support and encouragement you will need to help you stay on track with your fitness

continued on p. 4

IN THIS ISSUE

STRENGTH IN NUMBERS & SUPER WORKOUT

p. 1 & 4

WHAT'S HAPPENING?

p. 2

NEW YEAR'S RESOLUTIONS

p. 3

JANUARY MEMBERSHIP SPECIAL

p. 4

WHAT'S HAPPENING AT THE Y?

YOUTH SWIM LESSONS

Registration: varies
Session: 1/2-3/2

BODY BLAST BOOT CAMP

Registration: thru 1/6
Session: 1/7-1/30

SMALL GROUP FUNCTIONAL TRAINING

Registration: thru 1/7
Session: 1/8-1/31

TEEN CERTIFICATION

Registration: thru 1/9
Thursday, 1/10

WOMEN ON WEIGHTS

Registration: thru 1/9
Session: 1/10-1/31

RED CROSS FIRST AID/CPR

Registration: thru 1/12
Saturday, 1/19

LEARNING LUNCH

Tuesday, 1/15

SUPER WORKOUT

Saturday, 1/19

INTRO TO SPIN

Registration: thru 1/25
Saturday, 1/26

YOUTH SWIM LESSONS

Registration: thru 1/28
Session: 2/4-2/28

BODY BLAST BOOT CAMP

Registration: thru 2/3
Session: 2/4-2/27

SMALL GROUP FUNCTIONAL TRAINING

Registration: thru 2/4
Session: 2/5-2/28

WOMEN ON WEIGHTS

Registration: thru 2/6
Session: 2/7-2/28

SPRING SPORTS

Registration: 1/20-3/3
Season: 3/11-5/4

PARENT'S NIGHT OUT

Registration: thru 2/13
Friday, 2/15

4TH ANNUAL INDOOR TRI

Registration: thru 2/15
Fri. 2/22 & Sat. 2/23

RED CROSS FIRST AID/CPR

Registration: thru 2/16
Saturday, 2/23

PICKLEBALL

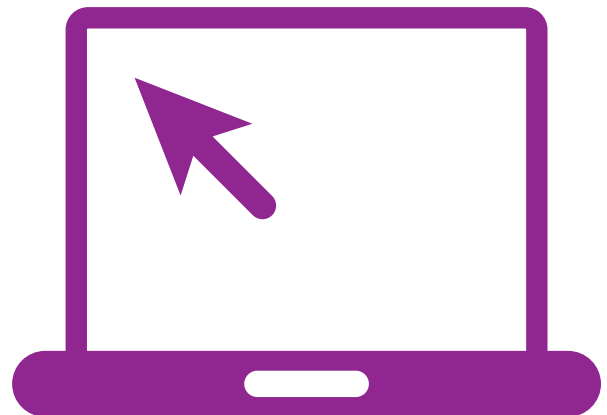
Registration: thru 2/24
Session: 2/25-4/19

FOR MORE INFORMATION ON THESE AND OTHER PROGRAMS,
SEE OUR PROGRAM GUIDE OR VISIT TRYMCA.ORG.

KEEPING YOU CONNECTED

The majority of our Programs are available to our members for online registration! Visit trymca.org to register for programs - wherever you go!

Our Facebook page and app are the best places to get up to date information on closures and changes. Make sure to like the TWIN RIVERS YMCA on Facebook and download our free smartphone app!



Questions or comments about Twin Rivers YMCA Good News?
Contact Amy at awalsh@trymca.org or 252-638-8799.

REFRAME NEW YEAR'S RESOLUTIONS TO ACHIEVE SUCCESS

As you change your calendar from December to January, there's always a bit of a thrill in the promise of a new year that's full of potential. The New Year is chance to start fresh and say goodbye to any of the frustrations the previous year held—a perfect opportunity to make resolutions that will help strengthen one's spirit, mind and body.

However, many of us find our resolutions thrown out along with the holiday decorations. It's no wonder—starting the New Year by making sweeping cuts to our diets and declarations that we'll hit the gym seven days a week doesn't exactly set us up for success! But by reframing resolutions and breaking them down into smaller, easy-to-sustain goals you'll see big benefits in the long run.

As a leading community service organization here in Craveny County, we see how getting involved in the community and making lifestyle changes can change someone's life for the better. Here are five New Year's Resolutions the Twin Rivers YMCA recommends for 2019:

- 1. Move More:** It's important for children to get at least 60 minutes of physical activity each day (30 minutes for adults). Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being.
- 2. Swap a Soda a Day:** It may be difficult but cutting soda can do wonders for your body. If you can't cut it entirely, resolve to swap one soda a day for a large glass of water instead. Once you've been able to swap one out, see if you can cut soda entirely.
- 3. Schedule Family-Time:** With work, school, and activities family-time may seem like an impossible ask, but see if your family can have a "screen-free" night with no phones, video games, etc. Instead, use that time to play a board game, play outside or visit with family and friends.
- 4. Volunteer Your Time:** Giving back and supporting neighbors can benefit everyone involved. Not only is it a personally rewarding experience to help others in need, but it's also a way to meet new people or discover an interest. Find an opportunity in your community, such as reading to children at the library or distributing food at a local food bank. Contact Marissa Zinni for information on volunteer opportunities through the Y.
- 5. Put Extras to Good Use:** Do you have extra canned goods or clothes that could benefit others in need? Clean out your pantry, closet or attic and donate extra items to homeless shelters or community outreach programs.

To learn more about how to get involved with the Twin Rivers YMCA, contact 252-638-8799 or visit trymca.org.

continued from p. 1

goals. When you have a friend to check in with, you end up showing up more. Working out with a group can also increase the energy in the room, thus causing you to push yourself a little more than you would if you were working out alone.

Increased Confidence – Studies have shown that working out with a group is one of the best ways to increase your effort and self-confidence while working out. We have all been the new person in class at some point. In a group setting, beginners are able to learn from the veterans in the class and in turn will eventually become the ones who will help newcomers.

More Variety - When your workouts become too repetitive, not only are you bored, but you aren't growing. With a certified fitness instructor in a group setting, you'll get the variety you need to grow without doing all the work to find new moves.

From high intensity, sweat inducing classes to relaxing, zen finding yoga classes, and everything in between, there is a group exercise class at the Y that is perfect for everyone.

Not sure where to begin? Join us for Super Workout on Saturday, 1/19, from 9:00-11:00 am. We will offer 20 minute class demos all morning long to give you the opportunity to try a variety of classes and maybe even find a new favorite. Register on our website or at the Service Desk. This free event is open for members and non-members. Contact Kira Parker for more details.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

Join in January
and pay no joining fee.

Financial assistance is available.