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FOR HEALTHY LIVING
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For Immediate Release

Central Connecticut Coast YMCA Offers Healthy New Year's Resolutions

(New Haven, CT December 19, 2013) The New Year is a time for new beginnings and to set goals that strengthen one's spirit, mind and body. When making New Year's Resolutions, the Central Connecticut Coast YMCA reminds families that building and maintaining family connectedness is one of the most important resolutions.

At the Y, we are committed to strengthening individuals and families to build stronger communities. When making New Year's Resolutions, we encourage people to begin with small changes that are easy to sustain and that lead to big benefits over time. Also, set goals as a family to learn and thrive together.

The Central Connecticut Coast YMCA offers a variety of programs that support family time. There are also simple things families can do at home to improve their family's health and well-being. Following are five New Year's Resolutions the Y recommends for 2013:

1. **Eat Together:** Sitting down together for a meal is a great way for parents and children to share stories, or talk about the school day or their favorite part of the day. Set aside time for the family to eat breakfast, lunch or dinner at least once a week or every day if scheduling permits.
2. **Volunteer Together:** Giving back and supporting neighbors benefits everyone involved. It teaches children and teens the value of helping others and is also a way to meet new people or discover a new interest. Find an opportunity in your community that the entire family may enjoy, such as cleaning your neighborhood park or distributing food at a local food bank.
3. **Unplug from Technology:** Limit screen time (television, video games, computer, etc.) and instead set aside an hour or two for activities that allow interaction and camaraderie. If weather permits, go for a walk, bike ride, trip to the park, or have a game night at home. If you do want to watch television, maybe have a movie night with the family.
4. **Be Physically Active:** 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.

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. You can also get the entire family involved and demonstrate to the children the value of giving.

For additional tips or to learn more about the Central Connecticut Coast YMCA family time programs, call 203 777 9622 or visit cccymca.org.

About the Central Connecticut Coast YMCA

The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2011, the CCC YMCA served 3,000 families daily in child care programs; 10,000 kids participated in youth sports programs; 15,500 children took advantage of the Y's instructional swimming lessons; 4,693 kids attended one of our day camps, 776 youth experienced the magic of resident camp; and 1,685 people were served through one of our housing programs. The CCC YMCA also provided \$3.37 million in direct financial assistance to more than 6,000 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622

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