



## Be Active Tip #1

### Invest in your Family.

Money's tight nowadays, but the health of your family is ALWAYS a good investment. **Give your family a healthy start to the New Year**, and make a resolution to invest in yourself, invest in your health, and invest in your family.

**This January, come to the place where you already BELONG – the YMCA.**

Our wellness staff can develop a plan that meets your needs and interests, keep you motivated, and help you on the road to good health.

## Be Active Tip #2

### Make a Plan.

Having a New Year's resolution without a plan is like putting on a play without a script. **A good plan will help you set realistic goals**, measure your success and prepare for life's inevitable plot twists.

**Make sure your wellness plan comes together – join the YMCA!** With a free health and wellness assessment, our wellness specialists can build a customized plan that helps you become healthier and happier all year long.

## Be Active Tip #3

### Partner Up!

**Having a workout partner is a great way to stay motivated.** Partners keep each other accountable, and make exercise fun.

The YMCA is a great place for you and your partner, friend, or buddy to be together. With a variety of workout options including cardio classes, yoga, basketball, or weights, **you'll both find the perfect way to stay fit.**

The Y is also a great place to connect and belong. **New friends and new workout buddies abound, so join the Y and Partner Up!**

## Be Active Tip #4

### Play for Fun.

Not ready for the NBA? No problem! Remember when playing sports was just for fun? Toss the ball around in the front yard, or better yet, come by the Y for a game of pick-up.

**At the YMCA everybody plays and everybody wins. Join the Y today, and play for the fun of it!**

## Be Active Tip #5

### Step it Up!

One of the easiest ways to burn more calories is to Step it Up! **Add in extra steps throughout your day, and the extra calorie burn will quickly add up.** Park a little further when you go shopping, take the stairs instead of the elevator, walk the dog – who'll love you for it.

Prefer a little indoor stepping? YMCAs are great places to include walking in your routine. With treadmills, elliptical and stair climbers, the Y has options to appeal to all fitness levels.

**Walk on into the Y, and add steps to your life!**

## Be Active Tip #6

### Find Balance.

**Studies have shown that having a more active lifestyle improves your mood and your outlook.** Not everyone can adopt a daily routine, but adding even small changes can improve your physical and mental health. **Establishing balance between work, home, family and yourself is important, and the Y is the perfect place to start.**

Finding time is the biggest barrier to finding balance. **At the YMCA you and your family can spend your precious time together, having fun, being active, and getting healthy.** Start finding your balance at the YMCA today.

## Be Active Tip #7

### It's what's on the inside that counts!

Isn't that what your mother always told you? There's more truth to it than you think.

**When starting on the road to wellness, too often we focus only on the outside – inches and pounds. But it's what's on the inside that counts.**

Cardiovascular exercise like brisk walking, step aerobics, or cycling strengthens your heart. Changing your diet by choosing whole grains, fruits and vegetables can improve digestive health. Decreasing saturated fats found in fried foods and dairy products can lower your cholesterol. Flexibility and strength classes like Yoga and Pilates develop core muscles essential to back health. **At the YMCA you'll become a member of the family, where better health starts on the inside.**

## Be Active Tip #8

### Reward Yourself.

The benefits of a more active lifestyle – from improved health to reduced stress levels and added energy – are many. The gratification, alas, isn't always so instant. That's why **it's good to give your family small rewards as they travel on the road to better health and wellness.**

With wellness programs for all ages, and fun events all year long, **a YMCA membership is the best reward we can offer your family.** Become a member today.

**South Dade Family YMCA**  
9355 SW 134 St, Miami  
305-254-0310

**Homestead Family YMCA**  
1034 NE 8 St, Homestead  
305-248-5189