



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE:

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Set New Year's Resolutions as a Family

LINCOLN, NE, JANUARY 17, 2011 –The New Year is a time for new beginnings and for many to set goals that make them stronger in spirit, mind and body. For the Y – a leading nonprofit for youth development, healthy living and social responsibility – one of the most important resolutions is to build or maintain family connectedness. Following are five things the Y recommends families do to be healthier and stronger throughout the year:

Eat Together – Sitting down for a meal together is a great time for parents to talk with their children, helping the family become more connected with one another. Set aside time for the family to eat breakfast, lunch or dinner at least once a week or every day if scheduling permits.

Volunteer – Giving back and supporting neighbors benefits everyone involved. It helps develop new relationships and teaches children and teens the value of helping others. 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. At the Lincoln Y, we have a wide variety of volunteer opportunities available including building/grounds work, coaching and special projects/events. Coming up this spring we will need many volunteers for our Healthy Kids Day event and for our aid station in the Lincoln Marathon.

Learn Something New – Step out of your comfort zone, have fun and grow by exploring personal interests. Try something new together that you've always wanted to do, like our indoor climbing wall, racquetball, family swim or camping. We also have special family events like the Flick & Float and Easter Egg Hunt.

Start a New Tradition – Traditions are an excellent way to create activities that bring families together. Talk with each other to discover common interests and then create an activity everyone can participate in weekly, monthly or yearly.

Be Active – It's important to get at least 60 minutes of physical activity each day. Incorporate physical activity into your daily routines and spend more time walking places instead of driving improve your health and well-being. The Y offers many fun opportunities for families to be active together.

The YMCA of Lincoln, Nebraska provides over \$1,221,742 in financial assistance and services to children, families and individuals in our community serving children through the annual Strong Kids Campaign. The Y is about changing lives for the better. Our mission is to bring more services to more people in the key areas of: Youth Development, Healthy Living and Social Responsibility. ###

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