

MEMBER MEMOS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIAM G. WHITE, JR. FAMILY YMCA

775 WEST END BOULEVARD
WINSTON-SALEM NC 27101

www.wgwhiteymca.org P 336 721 2100

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FORM HEALTHY HABITS



With enough repetition, any activity can become a habit, so why not work on 'programming' yourself with a new healthy habit or two this year? While a habit starts with a physical activity, the continued recurrence forges synaptic connections in our brains, which is why we sometimes feel like we're on autopilot. We don't even think about grabbing that cup of coffee in the morning, or brushing our teeth before we go to bed.

Think of your new habit – reading before bed, walking two mornings a week, cooking a family meal – not as a resolution, but as something you believe will enhance your life and that you want to become as automatic as

getting dressed in the morning. **Then form a plan to make it a habit:**

Lay the groundwork. This has to be doable. If you're going to cook one night a week, consider when you will shop, where you will get your recipes, what night generally works best for you and/or your family. Set yourself up for success.

Commit. To make the activity a habit, you're going to have to repeat it. You can start small – walking once a week for a month, then twice, but you've got to establish the routine.

Give it time. Research varies on how long it takes a habit to form – anywhere from three to 12 weeks. But you want this to stick, so give your new habit time to become "automatic".

Reward yourself. Your healthy habit will have its own rewards, but acknowledge your success in trying something new and forging a new path, physically and neurologically!

IN THIS ISSUE

Form Healthy Habits

Military Outreach Initiative

Calling All Volunteers

Swim Lessons

Y Memberships

2012 Summer Camp

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Erin Kennedy at e.kennedy@ymcanwnc.org

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YMCA

MILITARY OUTREACH INITIATIVE

The Armed Services YMCA and Department of Defense Outreach Initiative offers YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility. Eligible military families and personnel include:

- Family members of deployed National Guard and Reservists
- Active Duty families who live in one of the selected Joint Bases created by the Base Realignment and Closure (BRAC) process (contact Military OneSource at www.militaryonesource.com or 800-342-9647 for a list of eligible Joint Bases)
- Active Duty Independent Duty personnel and their families as approved by their Military Service Headquarters
- Relocated spouses and family members of deployed Active Duty personnel

Note: Eligibility is for Title 10 personnel only.

Getting Started

Eligible military families and personnel should follow these steps to benefit from the YMCA Military Outreach Initiative:

1. Contact Military OneSource at www.militaryonesource.com or 800-342-9647 to confirm eligibility and receive an eligibility form.
2. Find a participating YMCA in your area using the search tool below.
3. Fill out and bring your eligibility form, Military ID and any other required documentation (generally your Deployment Orders or Military Service Headquarters approval letter) to a participating YMCA for verification (please do not leave copies of these documents at the YMCA).

Guidelines

The Department of Defense will underwrite memberships at participating YMCAs for an initial six-month period for each eligible family and service member. Membership renewals in subsequent six-month intervals (up to 12 or 18 months depending on eligibility) will be funded based on a military family's or service member's ability to meet the participation requirement of eight visits to a YMCA each month.

CALLING ALL VOLUNTEERS!

Annual Giving Campaign

The YMCA has a mission of helping people reach their God-given potential in spirit, mind and body. We also strive to turn no one away due to an inability to pay a program or membership fee. Our goal is to serve as many people in the community as possible that can benefit from our services. We can't do that without your help.

With your support, the YMCA Annual Giving Campaign provides scholarship funds for deserving youth, families and seniors. By supporting the Annual Giving Campaign, you ensure that everyone, regardless of their circumstances or ability to pay, can benefit from YMCA programs and services.

The Annual Giving Campaign funds such important programs as child care, day and overnight camp, membership, teen leadership programs, adult literacy, swim lessons and senior programs.

If you, your company, or people you know would be interested in helping by volunteering your time or donating to our Annual Giving Campaign – we would be so appreciative!

For more information about our Annual Giving Campaign, contact Joe Peele at 721.2100 or j.peele@ymcanwnc.org.



SWIM LESSONS

SPLISH.SPLASH.FUN

The William G. White, Jr. Family YMCA offers swim programs for all ages and abilities in a fun and safe environment. Class sizes are determined by safety factors and age of participants, and are closely monitored to ensure safety. All YMCA Aquatics classes are taught by certified YMCA instructors.

Many of our family branches start out with Parent/Child Swim Classes for infants 6 months- 3 years. Parents and small children learn about water safety, floating, splashing and water movement. Preschool classes for ages 3-5 are divided into ability levels where kids learn the basics of swimming, submerging and arm/leg movements. Our youth classes for ages 6-12 are also divided into ability levels where swimming starts for beginners and is fine-tuned in the advanced classes.

TYDE Swim Team is featured at most of our community YMCAs that have pools. YMCA teams work with coaches to perfect strokes, starts, turns and finishes, and competitive meets are held on Saturdays at various branches.

Our YMCA also offers a variety of water classes for adults and teens as well as classes for senior swimmers and individuals with physical or mental differences. Conditioning classes are designed to create healthy exercise habits and refine techniques, and can also be useful for competitive swimmers training for triathlons or master swim circuit. If interested, we also offer private and semi-private instruction.

Check with Jeremy Wyatt, Aquatics Director, to find out more information on our swimming classes and our TYDE swim team that are available in your community at J.Wyatt@ymcanwnc.org.



Y MEMBERSHIPS

More than just a gym, a pool, or a place for fitness, the YMCA members experience a sense of belonging that can't be found anywhere else! Our network of locations gives our friends and neighbors across YMCA of NWNC many ways to take charge of their health through our growing programs and services.

Benefits of belonging to the YMCA of NWNC include:

- Fully trained staff who are always ready to assist you in your health & wellness goals
- Free health and wellness orientations
- Hundreds of group exercise classes offered weekly including: Les Mills, Zumba, yoga, Pilates, & more
- Specialty fitness classes and services like Bootcamp and Personal Training
- Opportunities to participate in group runs, bike rides and open swims
- Free drop-in Child Watch to ensure that your child is in a safe environment while you work out (memberships that include dependents)
- Member benefits around town, 13 full facility and 2 express branches and a resident camp to serve you
- Nationwide access: more than 2,400 YMCAs across the country will honor your YMCA membership as part of the YMCA's AWAY program (Always Welcome at the Y)

Your membership also gives you opportunities to save on programs like Summer Camps, Youth Sports, Swim Lessons, Afterschool, Fitness and Adult Sports.

YMCA YOUTH AND GOVERNMENT



All school year long, our teens at Parkland, Paisley, Mt. Tabor and Reynolds High School have been preparing for the 2012 Youth Legislature...and the date has almost arrived! Our 300 teens and chaperones will be

traveling to our State capital on Thursday, February 9th for their annual 4 day conference in which they will be presenting & debating their bills, writing for their newspaper, defending their briefs and lobbying their positions.

The YMCA Youth & Government program is a High School age "Hands-on" experience in State Government. Youth & Government is an educational program that increases awareness of the governmental process and develops skills in the areas of personal development, self-esteem and leadership. There are opportunities for news reporting, writing, debating and lobbying for or against bills.

For more information on how you can get involved as a student or an advisor, contact Megan Bosworth at m.bosworth@ymcanwnc.org.

Y SUMMER DAY CAMP

Y Day Camp provides youth with supervised activities that teach core values, conflict resolution and leadership skills. Kids have fun while building self-confidence, appreciating teamwork and gaining independence. Day Camp activities allow kids to create arts and crafts, explore science and technology, swim, participate in field trips (if in teen camp), appreciate nature, and better understand our many cultures. We have exciting camps coming this summer at the William G. White, Jr. Family YMCA. You can get more information and register this February at your local YMCA!

Make a difference in the life of a child this summer!

When summer is over, all the field trips have been taken and all the games have been played, what a child remembers most is our staff. We are proud that we only hire the best! Our staff help create memories that last a lifetime, and more importantly, they help children develop in a safe and positive environment. If this describes YOU, consider being part of our team!

STAY ON TRACK NEW YEARS RESOLUTIONS

It's that time of year again where everyone may feel the guilt, or better yet, the weight of the added pounds gained during the holiday season. You told yourself you were not going to overindulge in the delicious holiday treats and festive beverages, but you did. You told yourself you were going to work out extra to make up for your overindulgence, but you didn't. Whatever the case may be, you are not happy with the way you look or the way you feel as the year winds down and you're ready to make the change this New Year.

Get Specific

Make specific goals: I want to break 20 minutes for a 5k, I want to finish a half marathon, I want to gain 50 pounds on my bench press and 100 pounds on my squat, I want to lose 4 dress sizes, I want to lose 3 inches in my waist. With your yearly specific goal stated you then want to set a timeline with small goals to help you achieve the big goal. The frequency of the smaller goals is up to you.

What are you willing to sacrifice?

Making a change usually means giving up on some things. With fitness goals it usually means sacrificing some of our favorite foods or drinks. We're not a fan of completely eliminating something you enjoy from your diet because it's not exactly figure friendly. If you enjoy it, don't deprive yourself completely. Moderation is the answer.

Take action

Allow your actions to become habit. Schedule time for you to go to the gym. Write it down in your calendar. Make it a priority.