



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

PUBLIC SERVICE ANNOUNCEMENT FOR IMMEDIATE RELEASE

Contact: Brad Russell, Executive Director  
Rogue Valley Family YMCA  
522 West 6<sup>th</sup> Street, Medford, OR 97501  
541-772-6295 x221; brussell@rvymca.org

## Set New Year's Resolutions that Strengthen Your Life and Your Community

The New Year is a time for new beginnings! One of the most important resolutions is to resolve to make positive changes that strengthen individuals as well as entire communities. Following are five New Year's Resolutions the Rogue Valley Family YMCA recommends for 2012:

1. **Live Healthier** – Achieving greater health and well-being is all about taking small steps. Take care of your health by eating nutritious foods and being physically active each day – experts recommend 30 minutes of daily physical activity for adults and 60 minutes for kids. This can be achieved throughout the day by incorporating physical activity into your daily routines (i.e., taking stairs instead of elevators, walking instead of driving, etc.)
2. **Volunteer** – Doing good feels good, and giving back to support neighbors benefits everyone involved. Volunteering also provides individuals the opportunity to meet new people and to develop new relationships. Find an opportunity in your community that you may enjoy, such as cleaning your neighborhood park or distributing food at a local food bank.
3. **Help Inspire Children and Teens, Be a Mentor** – Children and teens often need caring adults to look up to and seek guidance. By nurturing our youth, we can help them strive to accomplish success and reach their full potential. Whether a relative or neighbor, use your experience and talent to help youth realize who they are and what they can be.
4. **Learn Something New** – Step out of your comfort zone, have fun and grow by exploring personal interests. Is there a swimming, Zumba or painting class you've always wanted to take? Try something new that you've always wanted to do, to build your spirit, mind or body.
5. **Spend Time with Family and Friends** – Socializing is good for your well-being and spending time with the people you care most about really helps strengthen meaningful relationships. It also helpful to have a community of people you can reach out to during times of need. So, try to carve out time each month, depending on your schedule, to connect with family and friends, and to get involved with community organizations.

For more information about the YMCA, visit [www.rvymca.org](http://www.rvymca.org) or contact Brad Russell, Executive Director, at 541-772-6295 x221 or [brussell@rvymca.org](mailto:brussell@rvymca.org).

###