



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

BUILDING HABITS THAT LAST

No Place Like This Place To Stick To Your Resolutions

Staying committed to your goals isn't about perfection—it's about consistency, support, and showing up. Use these tips to keep moving forward, one step at a time.

1. Start Small (and Stay Realistic)

Big goals are great, but small wins build momentum. Focus on what you can do consistently—like 30 minutes of movement or two Y visits per week.

2. Schedule It Like an Appointment

Treat your workouts like any other important commitment. Add them to your calendar and protect that time.

3. Lean on the Y Community

You're not in this alone. Group classes, trainers, and fellow members help keep you motivated and accountable.

4. Focus on How You Feel

Energy, better sleep, less stress—progress isn't just about the scale. Notice the positive changes happening along the way.

5. Give Yourself Grace

Life happens. Missed a workout? That's okay. The most important step is coming back.

Remember: Consistency beats intensity—and there's no better place to build healthy habits than the Y.



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Motivation can fade, but habits—and support—keep you going. Try these tips to stay inspired beyond January.

1. Know Your “Why”

Write down why your goal matters to you. More energy? Less stress? Time for yourself? Revisit your why when motivation dips.

2. Mix It Up

Variety keeps things fun. Try a new class, use different equipment, or switch up your routine to avoid burnout.

3. Track Your Progress

Progress looks different for everyone. Track workouts completed, strength gained, or how often you show up—not just outcomes.

4. Celebrate Non-Scale Wins

Finished a class? Lifted heavier? Made time for yourself? Celebrate every win, big or small.

5. Make the Y Your Place

The more comfortable you feel, the more likely you are to return. Say hello, ask questions, and make this place your own.

You belong here—and there’s no place like this place to keep moving toward your goals.