



December Newsletter

YMCA of Greater Springfield

December 14, 2009

UPCOMING EVENTS:

- T 12/14 - Member registration for Winter Programs begins
- T 12/14 & 12/16 - ASHI - CPR Certification
- T 12/14 - 1/1 - Pool & Whirlpool Closed
- T 12/15 - R&B Line Dance Demo Class
- T 12/16 - "Y" Weight Free Informational Meeting
- T 12/17 Hooping Demo Class
- T 12/17 - "Y"ES Program: Using the Internet for Your Business
- T 12/17 - Family Fun Thursday: Holiday Wonderland - Pictures with Santa
- T 12/19 - "Y" Weight Free Informational Meeting
- T 12/20 - Home for the Holidays @ The Majestic Theatre
- T 12/21 - ASHI - Basic First Aid Certification
- T 12/21 - General registration for Winter programs begins
- T 1/02 - Deadline to register for the Racquetball League
- T 1/04 - Deadline to register for the Volleyball League
- T 1/04 - Winter Session programs begin

Stay Healthy This Winter

Stay active. When you stay active, you will keep your energy up; especially doing activities outdoors. Fresh air and sunshine can do wonders for you both physically and mentally. Make a snowman, go sledding, or have a snowball fight with your kids. Try ice skating, skiing, snowboarding, or even snowshoeing!

Dress appropriately. When you are outdoors (or even inside) be sure to dress in layers with a warm outer layer. Warm jackets, mittens/gloves, hats, scarves, and boots will all help you stay warm this winter. Make sure to wear footwear that not only keeps you warm and dry but will keep you safe and steady on icy, slippery, and uneven terrain.

Get enough sleep. Try to go to sleep around the same time every night and make sure you get 6-10 hours depending on your needs. If you need help relaxing, try decaffeinated tea or a warm bath before bedtime. Try not to do too

much thinking in bed – read, or make lists in a comfy chair; train your body to know that the bed is for sleeping so your mind will rest as soon as you crawl in.

Wash your hands. It may sound silly, but this is an important part of staying healthy! Make sure you wash with soap and warm water for at least 60 seconds – don't forget your wrists! Wash every time you use the restroom and before every meal. Hand sanitizer can be handy, too, if you don't have access to a restroom.

Lighten up. Pull curtains aside to let in the sunlight. Spend as much time outside as possible. Even simple things like keeping your house bright with lamps and indoor lights will help keep your spirits up.

Be warm. Get your home ready for winter. Throw an extra blanket on the bed. Make sure your heating system is clean and that it works. Clean out your fireplace if you have

one. Be sure your fire detectors are working and up to date!

Eat well. Shoot for three servings of veggies and two servings of fruit, daily. Try to take in two servings of dairy products, daily; yogurt and milk are great options.

Drive safe. Get your car serviced and replace your tires if necessary. Keep your gas tank at least half full at all times. Drive at a safe speed and stay a safe distance away from the car in front of you. Keep an emergency kit where it is accessible to you.

Be happy. Treat yourself. Go out with some friends to your favorite spot, have a spa day at home, do things that make you happy. Focus on your hobbies: knitting, singing, walking, sports, etc. Enjoy quiet time as much as family time. Make yourself a priority. Don't hold yourself to other people's expectations. Remember that the holidays are supposed to be a time of joy. BREATHE!

Holiday Hours

12/24 - Christmas Eve
open 5:30a - 1:30p

12/25 - Christmas Day
CLOSED

12/31 - New Years Day
open 5:30a - 4:30p

01/01 - New Years Day
CLOSED

HALF OFF!
Now until
December
31st only
\$32.50!

Y on the Fly!

Enjoy the YMCA on your own schedule – become a frequent Y'er punch pass holder and enjoy all the Springfield YMCA has to offer on a per visit basis. For ~~\$65.00~~ you receive 10 facility visits. There is a six month expiration on each punch pass so come when you have time and pay for what you use! Like it and want to use the facility more often? Punch passes can be converted into membership!

Makes a great gift for your college kid home for break or holiday visitors from out of town!

Enjoy a healthier lifestyle with the

Health Smart Behavior Program

Empowering Families Today for a Healthier Tomorrow

Free 8 week program sponsored by the YMCA of Greater Springfield

The Health Smart Behavior Program is an outcome of the Family Health Self-Empowerment (FHSE) Project, a three year research project that was funded by the PepsiCo Foundation and led by Dr. Carolyn M. Tucker. The FHSE Project was based on Health Self Empowerment Theory, which states that an individual's engagement in Health Smart Behaviors is affected by 5 variables: health motivation, health self efficacy, health self praise, health coping, and health responsibility. The YMCA of Greater Springfield is proud to be a part of this project and we invite you to join in the excitement!

During this 8 week program you will:

- ü learn healthy lifestyle choices
- ü learn to be responsible for your own health
- ü learn to honor your body and choices that reflect your health
- ü learn to motivate yourself and family to maintain long-term health lifestyle changes
- ü have a great time, meet new people and learn about yourself and community!

FREE Health Smart Behavior Program at the Springfield YMCA

Three sessions available (class size is limited so please register early!) Participants must commit to attending all 8 classes. Choose one of the sessions below when you register:

Tuesdays January 5 – February 23 from 3:30-5:00pm

Tuesdays January 5 – February 23 from 12:00-1:00pm **this session limited to 8 participants

Wednesdays January 6 – February 24 from 5:30-7:00pm

Thursdays January 7 – February 25 from 4:30-6:00pm **at the Scantic Valley YMCA

Each meeting will include group time, peer support, goal setting, health and wellness education and fun! Childcare and a healthy meal will be provided.

Please call to register today – space is limited – **registration deadline is December 30, 2009**
For more information please call Julie Costello at 413-739-6951