



# THIS IS YOUR YMCA!

A San Luis Obispo County YMCA Publication

Volume II, Number I Spring 1999

## MISSION

To develop the total person-spirit, mind, and body - through values-based programs that build strong kids, strong families, strong communities.

## MAINTAINING FITNESS

### Sticking to your New Year's Resolution

By Sandra Augustin

**W**ell, 1999 is here, and in full swing. How are you doing with your New Year's Resolutions? Let this be the year you get healthy and stay healthy. The only way to do this is to make fitness a permanent life-style, not a phase. Easier said than done? Not necessarily so say the experts. Follow this simple advice from the U.S. Surgeon General: *You will stick with your exercise program if you set yourself up to succeed from the start.*

#### The top five steps to success are:

1. Think positive! Believe that you will benefit from your exercise program.
2. Include activities that you enjoy.
3. Feel you can do the activities correctly and safely.
4. Have access to the activities on a regular basis.
5. Fit your exercise program in your daily schedule.

Believe it or not, getting started is the easy part! Staying motivated is the real challenge.

#### Here's some helpful tips:

1. Record your activity in a journal.
2. Work out with a friend.
3. Make an appointment with a fitness trainer. to keep you focused.
4. Vary your routine.

After the first month, you will notice that your progress will start to level off. That's normal. Nonetheless, it can be frustrating. When you reach a 'plateau' realize that exercise has not stopped working for you. Reaching a plateau often means your body is ready for the next challenge. Unfortunately, it can also mean you are overdoing it. To tell the difference, check your level of energy two hours after exercise. If you have less energy than when you started exercising, you are overdoing it. If you have more energy, you are still benefiting from your current regimen. Don't change a thing. If you have the same amount of energy, you are ready for the next level of challenge!

(This is the first of a series of articles on Fitness. See the next issue of the YMCA Newsletter for *Taking on the Next Level of Challenge.*)



Fitness trainer teaches a member how to use new recumbent bicycles.

### OPERATING STANDARDS FIVE POINTS OF EXCELLENCE

★  
Quality service, serving all incomes, ages, and abilities, is our guiding theme.

★  
Members (facility, community, program, and volunteers) come first.

★  
Our staff will exemplify high standards of professionalism.

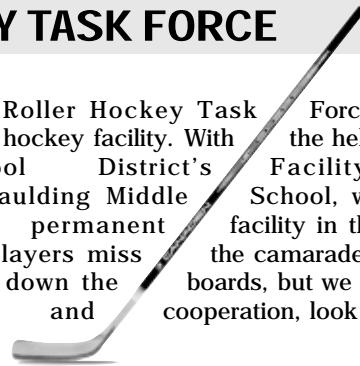
★  
The YMCA establishes and maintains a tradition of financial integrity.

★  
Facilities and program sites are maintained in a clean and attractive manner at all times.

## HOCKEY TASK FORCE

By John Rossetti

**T**he YMCA's South County Roller Hockey Task Force is hard at work on creating a new roller hockey facility. With the help and input of the Lucia Mar School District's Facility's Department and the good people at Paulding Middle School, we are presently working on plans for a new, permanent facility in the south county. We know the parents and players miss the camaraderie they shared each Saturday putting up and taking down the boards, but we must keep improving! With any luck and a lot of help and cooperation, look for things to start happening this summer.



## ON THE INSIDE

The YMCA would like to welcome three new additions to the Y family. Lissa Lalonde is replacing Connie Hasley as Administrative Director. Lissa comes from Starbucks. Welcome! As you may or may not know Connie and Phillip had a baby boy, Alex, in January. Also, Karey Rademacher, our Community Programs Director, had a baby girl, Annika Lee, in February. Congratulations!





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*Karen Aydelott*