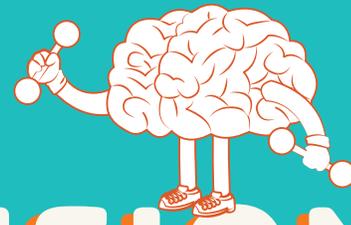


NEW YEAR, NEW DIMENSIONS



A New Year Wellness Challenge to focus on personal development, mental health, and fitness! This 6 week challenge begins January 18th, 2021 and is free with an active Y membership. Included in this challenge will be weekly nutrition videos, self development work, virtual fitness classes, a facebook accountability group and more!

Registration is required. You can register by contacting any one of our YMCA locations, email tarnold@lansingymca.org, or call (517)827-9670. For more information or questions, please contact: Torri Arnold, Fitness Coordinator at tarnold@lansingymca.org

During this New Year Challenge, you will have 5 tasks per week!

1. Partake in a prerecorded virtual group fitness class
 - Post a photo of completion to the Facebook page
 - Check off on the weekly tracker sheet
2. Watch the nutritional video
 - Do the task and implement into your daily routine
 - Comment what you learned below the video
 - Check off on weekly tracker
3. Self development and mental health exercises
 - Complete the exercise and email it on check in day
 - Check off on weekly tracker
4. Daily habit tracker
 - You will have 3 daily healthy habits, each day that you complete the habit, fill in the bubble on the sheet
5. Weighing in
 - Each week you will weigh yourself and fill it in on the tracker sheet, keep weigh ins around the same time and day per week

What needs to be turned in via email on check in day (Friday at noon)

- Email your weekly tracker sheet, filled in for the week
- Email your daily tracker sheet, filled in for the week
- Attach your nutritional task and self development work



At the end of the challenge, names will be entered into a drawing and winners will be chosen!

3 winners will win the choice of either 2-30 minute virtual or in-person personal training sessions or their portion of the membership dues for the next draft!

