



INVEST IN YOURSELF RESOLUTION RELAY 2019

**Fuel Your Health, Find Your Wellness
for You & Your Community**

JANUARY 7 – FEBRUARY 3

Free to all members

Resolution Relay is a program that seeks to motivate you and our community to fuel your health and find your true wellness.

This year we're switching it up! Seeking a judgement free zone, there will be no score board! We want to create an incentive program where everyone can celebrate their wellness achievements. We will be compiling all workouts into a colorful cylinder where we can watch wellness rising together, inspiring everyone to be a part of making our community stronger.

**Weekly theme workouts
and raffles for all participants!**



Sign up for the Gold Resolution Relay track! Pledge to fundraise for the Y's Financial Assistance program and participate in our mini indoor triathlon LIVE LOVE TRI on February 2nd!



Call or visit the front desk to sign up!

See reverse side for additional information

WELCOME to Resolution Relay 2019!

STEP 1: ENGAGE by registering at the Y Member Service Desk, or call (508) 696-7171 ext.0

STEP 2: COMMIT

We have created several ways to encourage you to accomplish your health and wellness resolution goals. Trying something new can create a holistic routine and keep your fitness fresh. **Points will be earned the following ways:**

- **Personal Workouts:** If you are feeling inspired, complete a personal workout of your choice at the Y in the Health & Wellness Center or the Pool. *Earn 1 ball for each hour you complete of a personal workout.*
- **Suggested Weekly Wellness Workouts:** To help keep you inspired, we will provide you each week with a variety of sample workouts, including Cardio, Strength Machines, Total Body Blast, Free Weights, Core, and Stretching! Available in our Wellness Center and in Resolution Relay weekly emails. *Earn 1 ball for each hour you complete of any combination of one or more suggested exercises. Does not count as a "Personal Workout" listed above.*
- **Group Exercise Classes:** Earn points for taking your favorite class, or try a new one; check our group exercise schedule for an entire listing of our 70+ fitness classes offered each week! *Earn 1 ball for each group exercise class you attend.*
- **Personal Training :** Having a personal trainer can keep you motivated, rehabilitated, and your fitness regimen interesting. *Earn 1 ball for each workout session you complete with any one of our Certified Personal Trainers.*
- **Suggested Weekly Aquatic Workouts & Aqua Aerobics Classes:** Check the Aquatic Center and weekly emails for suggested aqua workouts for all fitness levels. *Completing one or more suggested aqua workouts qualifies you for 1 ball and earn 1 ball for each aqua class you attend!*

STEP 3: KEEP TRACK

Hold yourself accountable and watch your progress grow

Visit your Member Service Desk after each workout to request the ball(s) that correspond to your completed workouts. Add our ball to our colorful cylinder and watch our combined workouts grow!

STEP 4: REWARD YOURSELF! Announced February 8th

Resolution Relay Awards:

ALL Resolution Relay participants will be entered in a drawing to win:

Our grand prize of \$125 Y of MV gift certificate!

Raffle prizes such as guest passes and Y gear will be drawn each Monday for the prior week's participants!

STEP 5: STAY MOTIVATED with your favorite workouts and live the lifestyle not the resolution!

AND REMEMBER!

LIVE LOVE TRI 2019 is on February 2nd! Use Resolution Relay as your training guide!