

Forget New Year Resolutions!

By Jayme Green, BS, ACE
Nimkee Fitness Coordinator

It's a new year! Forget New Year Resolutions; just set your mind on doing something new in the New Year. When you think of New Year resolutions, you may think of the past years and failed attempts to lose that extra weight or to eat your vegetables every day. You may have started strong in January and slowly lost momentum in March. By May it's a distant thought. This year will be different! Your goal is to do something new. Go on an adventure; experience something you normally would not try. What kind of new journey should you try? Here are a couple ideas that are fun and may help you to improve your health.

Explore the trails and activities of Deerfield Park. Deerfield Park is a County park that has lots of different trails. You may think Mt. Pleasant is flat but it is not. Walk around Deerfield and get great leg workouts walking up and down the hills. Did you know there is a covered bridge and a suspension bridge tucked away in Deerfield Park? You can walk the park in the winter with snow shoes or glide through the trails on your cross country skis. Have you ever heard of Disc Golfing? There is a Disc Golf course throughout Deerfield. Grab a couple discs and practice your throw.

Try a Group Exercise Class. Nimkee Fitness offers nineteen classes a week. There are a wide variety of classes at various times of the day. Nimkee Fitness offers a Step and Sculpt class that is a half hour of cardio stepping up and down a step and a half hour of strength training. If you like to dance, try burning some calories in the Hip Hop Hustle class or salsa in the Zumba class. Nimkee also offers an American Tribal Style Belly Dance class. Want more intensity? Try the Turbo Kick (kickboxing) class or Boot Camp. Looking for a slower pace class? Try Power Walk Plus, Aqua Fit (age 50 or older/tribal elder), or try a PiYo class which is Pilates and Yoga combined for increased flexibility and strength. For an updated schedule click [here!](#)

Make a Healthy Dinner with the Family! There are many fun and nutritious recipes the whole family will enjoy. If your family is accustomed to eating out most nights, try finding a nutritious dinner that the family can make and enjoy together. More than a decade of research by The National Center on Addiction and Substance Abuse ([CASA Columbia](#)) at Columbia University has consistently found that the more often kids eat dinner with their families, the less likely they are to smoke, drink and use drugs. For more information and quick tips and recipes, click on www.casafamilyday.org

Try a 5K. Do you like to jog? A wonderful cardio exercise is running. Running gets your heart beating faster and blood pumping more efficiently throughout the body. There are many 5K (3.1miles) races in Mt. Pleasant. If a 5K race is too far, there are many 5K races that also include a 1~1.5 mile race. There are no rules stating that you must run the entire race. You may walk/run the route. A fun 5K and 1.5 mile Race that you could train for is the Human Race held in June at 7th Generation. For more information or a list of other races in the area, just ask a personal trainer at the Nimkee Fitness Center.

Try Ice Skating! Lace up your skates and take a lap around the ICE Arena. Get your kids and/or spouse and slip and slide around the rink, having fun and burning calories. You can burn about 500 calories in an hour of ice skating.

By trying something new this year, you just may surprise yourself and find a new regular hobby. Or you may realize just how fun having a new experience is and trying new activities. Best of luck in the year of 2012; Have fun and be healthy!