



NEW YEAR NEW YOU

Nutrition and Exercise Program!

The Y is rolling out the newest version of its highly effective nutrition and fitness program, called **New Year New You!** Health and Fitness Director, Shannon Gawronski, explains “we have done many successful programs in the past, and we just keep improving upon them”. The New Year New You program is sure to help people keep their New Year’s resolutions to become healthier and more fit in 2026.

The 10-week program, often categorized as a personal “challenge”, is a fun and innovative way to get individuals to track their nutrition and increase their activity. Participants use “score sheets” to accumulate points for better nutritional choices and for getting more and varied exercise. Each week participants try to earn more points than the week before.

Registration for the New Year New You program runs from January 12 to February 1.

To register for the New Year New You fitness program just go to the YMCA Front Desk. The fee is \$75 for Y Members and \$75 for non-Members (plus the cost of a 3-month membership). If you’d like more information, please call Shannon Gawronski at the YMCA (607-336-9622 X1024).

Sign up now to get the support you need to be successful with your New Year’s resolution!