

The Norwich Family YMCA rolls out the 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. These types of personal challenges can be highly motivating to individuals who want to see improvement in real numbers. The results have been undeniable and are perfectly sustainable once people learn how to eat and exercise optimally. This program is also individualized to meet the needs of anyone of any age or ability. Participants also do the program on their own time and can choose to have as much help and guidance as they feel they need.

Pat Dietrich has participated in and helped lead dozens of the Y’s fitness challenges and says, “The fitness challenges simply help make people aware of how to eat optimally to meet their weight loss and fitness goals”. Dietrich adds “I think it’s the accountability of handing in weekly food diaries, as well as a record of all workouts that really helps participants get the results they want. In fact, the results from our last challenge were amazing ... “On average, the participants lost more than 11 pounds, 10 total inches, 5% body fat, and reduced their BMI by 2, all while gaining muscle mass!”

Registration for the New Year New You program runs from January 12 to February 1. The first week of the program is a practice week to help participants understand how it works. During this week the Program Directors will complete an initial body composition (which measures weight, inches, body fat, skeletal muscle and BMI) to use as a baseline. Participants get another body comp assessment at the 5 week and 10-week points as well, so they can clearly measure their progress. Program Directors, Gawronski and Dietrich, will be available to help participants reach their goals as much as needed.

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! ➤