

How to make new year's resolutions WORK

By Ryan Butter, Dads Matter Case Manager

3-2-1, Happy New Year!!! Yes it's that time of year again, time for New Years resolutions. Did you quit smoking or lose 30 pounds last year?

Research has found that half of us gave up last year. However, if we get our family involved in our resolutions it will increase our chances for success.

This year, set realistic goals for yourself. For example, don't plan to lose 30 pounds this year if you haven't worked out since the Steelers won the Super Bowl.

Make smaller, incremental goals like "I'm going to lose 10 pounds by June." then look at how things are going in June.

Make a family workout night. You can burn 100 calories by

- Playing tag for 25 minutes
- Going on a science walk and talk about the seasons for 30 minutes
- Dancing with your "special someone" for 25 minutes.

Set goals as a family. Have everyone make a goal and write a plan to set them



up for success. Nothing can raise your self-worth quicker than being successful.

Each month have a family meeting to talk about what's been working and how to improve our plan.

And make it fun, even if it's saving money or working out. Make it a game to see who's the biggest loser or winner!

Reward the winner with their favorite food or their choice of a movie for family movie night. It's always easier to be successful when you have support.

Sample resolutions: try them out in 2009!

These can work

"I will join the gym on January 4th."

- Write down the phone number and put it by the phone.

"I will watch only 10 hours of TV this week."

- Tape it to your TV.

I am spending 30 minutes jogging every Tuesday and Thursday before work.

- Tape it to your alarm clock, so you can set it 30 minutes early.

"I will only eat a snack before bed on Friday and Saturday."

- Tape it to your fridge.

"I'm going to cut my cigarette smoking from one pack a day to half a pack a day by June."

- Write down how many you smoke each day, so you can keep yourself going.

"I'm going to forgive myself if I slip, and I won't give up."

- Tape it everywhere.

These don't work

"I don't want to be lazy."

"I won't watch TV ever again."

"I'm going to get in shape."

"I won't eat snacks ever again."

"I'm going to quit smoking."

"I slipped...so I give up."

Free stuff to do!

All activities should be free to attend, but there's generally a cost for rides and food. Questions? Call us at 724-437-2590 x322.

Dad 2 Dad - get \$\$\$ for gas! Free food!

@ Bud Murphy's every week starting
Wed., Jan. 7, 5:30-7:30pm
 Rt. 119 in Connellsville

- AND -

@ The PIC Office every week starting
Mon., Jan. 26, 5:30-7:30pm

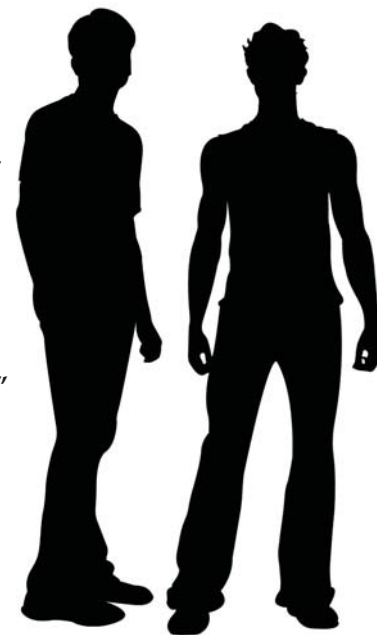
480 Coolspring Road in Uniontown
 Relax with other dads and learn how to deal with the tough stuff you face: discipline, communication, what to expect from your kids, physical and mental health, and more.

Call 724-437-2590 to sign up!

Caring After Christmas - MLK Food Drive

Mon, Jan 19 - all day
 Downtown Brownsville

This food drive begins on MLK Day and lasts for one month in honor of the contributions of Rev. Martin Luther King Jr. Food will be collected in BARC main offices or the Welcome Center at 33 Market Street.



Calendar

What's cookin' at Dads Matter?

Activity	Location	Date	Time	Details
Dad 2 Dad <i>Get \$\$\$ for gas! Free food!</i>	Bud Murphy's <i>Connellsville</i>	Wed, Jan 7 <i>Every week</i>	5:30-7:30pm	Learn about discipline, communication, what to expect from your kids, staying physically and mentally healthy, and more.
Dad 2 Dad <i>Get \$\$\$ for gas! Free food!</i>	PIC Office <i>Uniontown</i>	Mon, Jan 26 <i>Every week</i>	5:30-7:30pm	Same as above, but in Connellsville with a different time and start date.
Doctor DAD	Uniontown Hospital <i>4th Fl. Conference Rm.</i>	Tue, Feb 3	6:00pm-9:00pm	Learn how to take care of a cold, baby-proof your home, how to handle emergencies, and more.
Dad 2 Dad <i>Get \$\$\$ for gas! Free food!</i>	Windy Hill Head Start <i>Fairchance</i>	Thu, Feb 19 <i>Every week</i>	5:30-7:30pm	Same as above, but in Fairchance (AG School District) with a different time and start date.

Mission Statement: "Dads Matter of Fayette County's mission is to enable fathers to improve their relationships with their children; improve parenting skills; and help fathers overcome barriers that often prohibit them from being effective and nurturing parents by providing them with training and learning opportunities." **Eligibility & Corporate Info:** (1) These services are available to all eligible persons, regardless of race, gender, age, disability, or religion. (2) Dads Matter of Fayette County is a department of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Dads Matter of Fayette County is FREE and strictly voluntary. (3) The Private Industry Council of Westmoreland/Fayette, Inc. is a 501c3 non-profit corporation headquartered in Greensburg, PA. **Funding Info:** (1) Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FR0075/01. (2) Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

Dads Matter

480A Coolspring Road
Uniontown, PA 15401

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Dads Matter is a department of the Private Industry Council of Westmoreland/Fayette, Inc.

The Dad Difference

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SAMPLE RESOLUTIONS - WRITE THEM DOWN - TRY THEM OUT!

DAD 2 DAD GROUPS IN UNIONTOWN, CONNELLSVILLE AND FAIRCHANCE

FREE STUFF TO DO IN FAYETTE COUNTY



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Dads Matter