Tips for Keeping New Year’s Resolutions
Provided by the Counseling & Testing Center

1. Pick Realistic Goals
   One of the biggest problems in keeping a resolution is that we simply aim too high. Setting a goal of completely changing your life, your career, your body, your family relations, etc. is too broad. Keep the goals small and simple.

2. Reward yourself
   Increase motivation and celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.

3. Don’t beat yourself up
   Obsessing over the occasional slip won’t help you achieve your goal. Do the best you can each day, and take each day one at a time.

4. Enlist Additional Help or Support
   Whether it’s in the form of a professional, a family member, a friend, or some type of formal support group, consider enlisting someone’s help to keep you on the right track.

5. Think “Year Round,” Not Just New Year’s
   Nothing big gets accomplished in a day. Resolutions are set in one day but accomplished with a hundred tiny steps that happen throughout the year. New Year’s resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan regularly.

Keeping these few simple tips in mind this New Year may help to increase your chances of success. Consider that the new year is another year. Not only a time to make changes in your life but also a time to be thankful for the gift of another year.

Heskett Center CLOSING for Martin Luther King Day

Fitness Classes

- Intramural
- Dodgeball Tournament
- Intramural Basketball Entry Deadline
- Climbing Wall
- Indoor Sprints
- Table Tennis
- Winter Break & Spring Hours
- Pool Hours: 6:00 a.m. - 10:00 p.m.
- Building Hours: Monday - Friday: 7:00 a.m. - 8:00 p.m. Saturday & Sunday: 1:00 p.m. - 6:00 p.m.
- Pool Hours: Monday - Friday: 11:30 a.m. - 1:30 p.m. Saturday & Sunday: 1:00 p.m. - 5:00 p.m.

Winter Break & Spring Hours

January 4-17, 2010
Building Hours: Monday - Friday: 7:00 a.m. - 8:00 p.m. Saturday & Sunday: 1:00 p.m. - 6:00 p.m.
Pool Hours: Monday - Friday: 11:30 a.m. - 1:30 p.m. Saturday & Sunday: 1:00 p.m. - 5:00 p.m.

January 18, 2010
Heskett Center CLOSING for MLK Day.

Spring 2010 – starting January 19
Building Hours: Monday - Friday: 6:00 a.m. - 10:00 p.m. Saturday: 9:00 a.m. - 6:00 p.m. Sunday: 1:00 p.m. - 6:00 p.m.
Pool Hours: Monday - Friday: 6:30 a.m. - 8:30 p.m. 11:30 a.m. - 1:30 p.m. 4:00 p.m. - 8:00 p.m. Saturday & Sunday: 1:00 p.m. - 5:00 p.m.

Fitness & Wellness found on the Web

We are on Facebook. Become a fan today!

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Volunteer your friends and save money! Group personal training available for those committed.

wsu intramurals found on the web

facebook

Boot Camp

5:00 p.m.

Tuesday only

Winter Break & Spring Hours

Aqua Lunch Bunch

(M&M) Led by Valerie
12:05-12:55pm

Deep Water Aerobics

(M&M) Led by Amanda
5:15-6:05pm

NEW!! Group Personal Training

Join us for Indoor Rowing Racing on February 13th, at the Heskett Center. You don’t need any experience to try the 500 meter events or grab three friends for the team 1000 meter races, four rowers can compete as a boat against others. rowing is loud and innocently fun. Our 500 meter events will be trophy events with division winners for Greek and WSU Organizations, WSU Students and Faculty/Staff, Juniors, Masters and Open. The 500 meter events will be free, so give it a try!

Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcement mailing list, contact laura.young@wichita.edu or call 316-978-5281.

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