



	TOP NEW YEAR'S RESOLUTIONS	CITYFIT SOLUTION
1	SPEND MORE TIME WITH FAMILY & FRIENDS	VENTURE OUTDOORS; SOFTBALL LEAGUE; BASKETBALL LEAGUE; BOWLING; DANCING
2	FIT IN FITNESS	YMCA MEMBERSHIP; 10,000 STEPS; COUCH TO 5K
3	TAME THE BULGE	WEIGHT WATCHERS; WEIGHT LOSS CHALLENGE; DIETICIANS; 10K STEPS
4	QUIT SMOKING	SMOKING CESSATION
5	ENJOY LIFE MORE	STRESS MANAGEMENT; DANCING; VENTURE OUTDOORS
6	GET OUT OF DEBT	FINANCIAL FITNESS; SAVE MONEY – BIKE TO WORK; MEMBERSHIP SUBSIDIES
7	LEARN SOMETHING NEW	CITYFIT ONLINE QUIZ; DIETICIAN CONSULTS; DANCING
8	HELP OTHERS	MULCH MADNESS; BREAST CANCER AWARENESS WALK; PITTSBURGH MARATHON VOLUNTEER
9	GET ORGANIZED	CITYFIT CALENDAR!