

# Campus Rec can help keep New Year's resolutions

**Emily Golden**

Reporter

With every new year comes new opportunities.

During the holidays, people plan to live healthier, work harder and stay organized in the upcoming year.

In most of the United States, New Year's resolutions are notorious for one thing, failure. All over the country, money is spent on gym memberships, weight loss programs and massive amounts of drinking water. Americans all seem to believe that any problem, whether personal health or natural disaster, can be solved by drinking more water.

Most can agree that the majority of Americans make resolutions to get healthier, whether it is through eating differently, exercising more or a combination of both. Undoubtedly, when December rolls around again, the greater part of Americans that have made resolutions find the only thing they have managed to accomplish is waste money.

To be honest, I was once one of those Americans. I used to plan to get all of my work done weeks or at least days before it was due, spend hours and hours at the gym, eat meals that would only succeed in satisfying the hunger of a rabbit and of course, I would drink gallons of water a day. But once school starts,

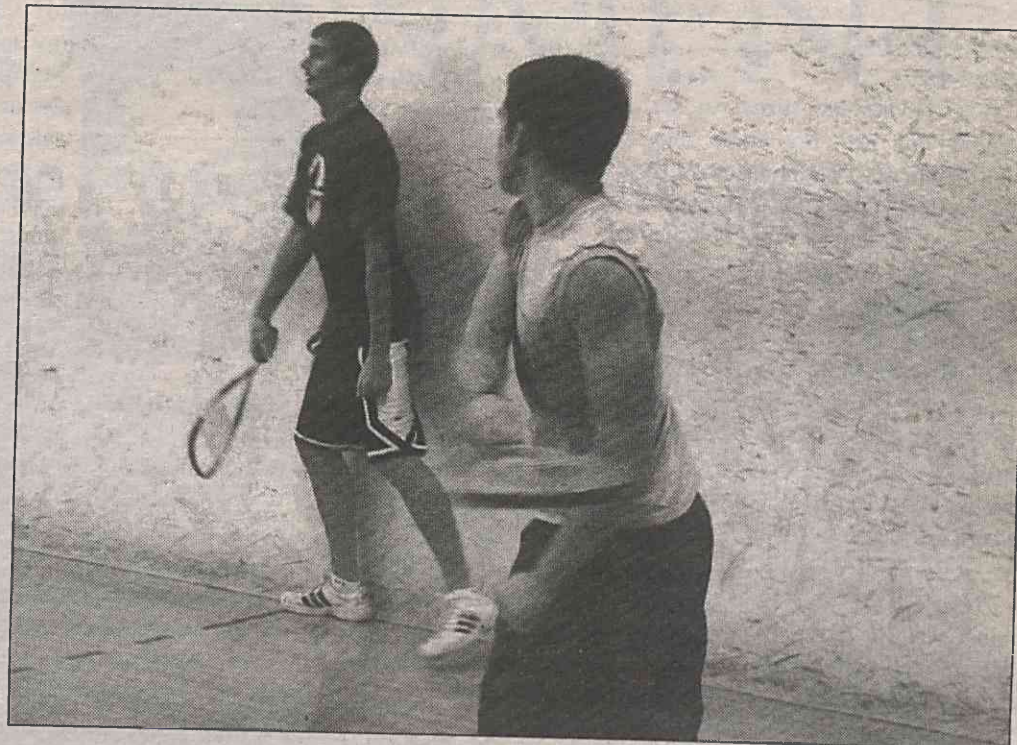
and I found I hadn't made time in my schedule for any of the things I planned to do. So my plans failed and every single time they did I became discouraged.

However, there is an answer to our problems, and it can be owed, in part, to a certain movie, "Dodge Ball". In the movie, Vince Vaughn's character said, "I found that if you have a goal, that you might not reach it. But if you don't have one, then you are never disappointed."

Perhaps we shouldn't go so far as to say that we shouldn't have life goals. However, it seems the reason we are often not successful is because we set ridiculous standards. We must be more realistic in order to become the healthier, more organized versions of ourselves we've always dreamt of becoming.

In order to exercise more, start your routine before you get involved with your school workload. It's easier to continue something that's already a routine than to start something new in the middle of a full agenda.

According to MSNBC, the federal government recently outlined how Americans should eat and exercise. The guidelines are modified every five years but don't present anything we haven't heard before. "Eat a mix of foods and watch your fats and sugars." The new rules and strategies help to enforce the idea that a well-balanced diet and a regimen of exercise



Laura Hals / Photographer

Playing racquetball is a good way to keep in shape while having fun. The campus gym is open every day and has three racquetball courts available to all students

are much more effective and healthier than fad diets. They usually completely eliminate a specific nutrient or food group.

So nevertheless, the answers to being healthier in the new year is simply eat less junk food,

be more active and of course, drink more water.

Contact Emily Golden at [pendulum@elon.edu](mailto:pendulum@elon.edu) or 278-7247.

## Campus Rec can help you reach your goals

- Get your own personal trainer

- Take advantage of the group classes offered weekdays

- Look into the outdoor programs available through campus recreation

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