

## Exercise helps launch the new year

BY DIACKENZIE RYAN - FLORIDA TODAY - JANUARY 3, 2011

About 10 people stood outside the Suntree YMCA Family Center on Saturday, waiting for the gym to open so they could get their first workout in of the new year.



James Matty of Viera spent a good part of his morning New Year's Day morning on the treadmill at the Suntree YMCA. (Malcolm Denmark, FLORIDA TODAY)

About one in six Americans resolved to lose weight this year, according to poll from the Marist Institute for Public Opinion. Other common resolutions including quitting smoking, spending less and [saving more money](#).

Martine Paquette is among those who are resolving to get into better shape this year — she started a diet and signed up for a YMCA membership with her family Saturday morning.

"I want to take time for me and get back into shape," said the mother of twins.

While she worked out on Saturday, her husband Frank Monette swam in the pool with their children. The family, from Montreal, is staying in Satellite Beach for an extended vacation.

"(We) try to do activities together, to spend time together," he said.

New Year's is a time when many Americans reflect over the last year and look forward to the next. About 44 percent of Americans were planning on making a resolution this year, according to the Marist poll.

David Cruey of Suntree started early on his resolutions. He stopped drinking coffee last week, and this week he's planning on exercising more, meditating each day and drawing a sketch a day.

"I turned 40 and have a 4-year-old," said Cruey, an artist. "I want to be in good shape for her."