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REACH YOUR NEW YEAR RESOLUTION GOAL EASIER WITH GLENDALE'S SOLUTIONS

Glendale, Ariz. — Whether it is losing weight, increasing your well-being, being more environmentally friendly, volunteering or spending more time with the family, Glendale's various programs and services can help you attain success in 2014.

BE HEALTHIER

Fitness and wellbeing is often at the top of everyone's New Year resolutions list. Getting fit and losing weight doesn't have to be hard work or a dreaded activity. Glendale has a variety of classes and facilities that are entertaining and can help achieve those fitness goals.

Hiking, biking and walking Glendale's many trails can increase activity levels, along with bringing one closer to nature (especially at the Thunderbird Conservation Park), and it can be done with friends and family. The Glendale Adult Center and Foothills Recreation & Aquatic Center both have fitness facilities with weight machines, treadmills and other equipment. They both also offer fitness classes, personal trainers and, throughout the year, provide nutrition programs.

Another great way to lose weight and get more active, while also learning something fun is to take a sports or dance class. Glendale offers classes and programs on golf, racquetball, running, tennis and martial arts. Also available are classes on zumba and belly, ballroom, salsa, ballet, jazz and Hawaiian dancing.

For those who are looking at eating healthier this year, there are various hands-on, one-day cooking workshops at the Foothills Recreation & Aquatics Center.

GIVE BACK TO THE COMMUNITY - VOLUNTEER

Glendale has a variety of volunteering opportunities where residents can help provide a service or make their community healthier.

The libraries and recreation centers use a variety of volunteers to assist with their special events, tours, book organization and customer services. Volunteers and groups of volunteers may also support a Glendale park or trail providing clean up, landscaping, painting and more, while the historic area of Sahuaro Ranch Park utilizes volunteers for a variety of areas including rose pruning, historic tours, historic collection organization and special events.

GLENDALE RESOLUTION SOLUTIONS

Add 1-1-1-1

The Glendale Community Volunteer Program provides a variety of public services projects that individuals, organizations and groups can volunteer for including Unity Day, Annual Serve Day, Earth Day and Rock 'n Roll Paint-a-thon projects. Additionally, volunteers are always needed for a variety of departments delivering Glendale residents vital services such as code compliance, police, fire, recycling, water conservation and information at the Glendale Visitors Center.

Volunteers are also needed to help the City Council through the various boards and commissions, which gives resident an opportunity to help direct city policy and decision making.

CONSERVE AND LIVE GREENER

Whether you want to reduce your carbon footprint, save money on electrical, water and gas expenses or help the environment, Glendale offers programs and services that help residents reach those “greener” goals. The Water Conservation Program offers a variety of water saving and green living classes that provide information on how to reduce the use of water and electricity. Details on recycling, what Glendale recycles and how it helps the environment is provided through the Sanitation Department. Also, a big expense in many budgets, is saving gas, and the Transportation Department has classes and ways to save you money, while helping clean the air, through alternative modes of transportation.

LEARN A NEW SKILL OR HOBBY

Maybe you are looking to be more creative, want a fun outlet to relax and reduce stress or want to increase your skill in a particular area, you can find many classes to suit your particular needs through the city of Glendale. Music, dance, art and cooking classes can introduce you to a lifetime of enjoyment and provide you a creative outlet. Sports classes can provide a way to meet others, learn a healthy hobby and reduce stress through a fun and engaging manner. Additionally, specialty classes such as CPR, dog behavior training, photography, creative writing and gardening may be the perfect way to enhance your life.

INCREASE YOUR QUALITY FAMILY TIME

What is more important than family? Life's day-to-day routines can take time away from spending quality and special time with family. Glendale offers some great events and festivals to bring the family together including Glitter and Glow, the Chocolate Affaire, Summer Band and Glendale Glitters. Additionally, the Parks, Recreation & Library Services Department offers a variety of programs throughout the year. The libraries feature special teen events, Live at the Library series, Authors @ the Teague, Songwriters Gathering and more. The Sahuaro Ranch Park Historic Area features the annual Glendale Folk & Heritage Festival, while the Foothills Recreation & Aquatics Center features a Halloween event and more.

GLENDALE RESOLUTION SOLUTIONS

Add 2-2-2-2

HELP OTHERS IN THE COMMUNITY

Glendale partners with quite a few community charity programs and participates to help others in our community.

From the Heart provides a way for you to make life better for countless Glendale residents. Whether serving meals to the elderly, giving emergency help to homeless families or supporting abused children, From the Heart gives agencies that provide services to our neighbors a helping hand. You can give through a donation when paying your Glendale water bill or visiting the website for information.

Throughout the year, the Glendale Visitors Center and downtown Glendale merchants participate in a variety of charitable events to collect donations for a variety of charities.

For details and links to all Glendale resolution solutions, visit www.glendaleaz.com/newyearresolutions.

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