NEW YEAR’S RESOLUTIONS THAT WORK. How are you doing on your New Year’s resolutions? If you haven’t started yet, now’s the time to get on your body and mind at the MJCCA. Set yourself up for success by understanding how to make resolutions stick. The Marcus Jewish Community Center of Atlanta (MJCCA) shares advice from fitness and wellness experts to help you discover a healthier you in the New Year.

“Resolutions that require hard work, like a resolution to lose weight, produce a lot of situations that make it easy to give up,” says MJCCA Group Fitness Director DeAnne Jacobson. “The key is to establish habits that counteract the most commonly encountered pitfalls.”

The MJCCA helps community members achieve their health goals every day by encouraging healthy choices. Jacobson says, “Everyone here knows you and is ready to celebrate you for who you are and what you’ve accomplished.”

“Physical activity is our foundation,” Jacobson says. MJCCA’s Mindful Meditation classes are likely to produce the results you want. “Don’t think of your resolution as a weight you need to lose,” advises Chambers. MJCCA’s FitLine Functional Fitness or STOTT PILATES classes are designed to help you get fit, do some research, take stock of your equipment, and set benchmarks. “We equip every one of our members with the knowledge they need to have a successful workout through our JCC FitPlan program,” explains Jacobson. “We talk about their goals, tour our facilities, show them how to use our state-of-the-art equipment, and set benchmarks so they can measure their progress. We do this for free for our members, because it’s the best way to see results.”

The MJCCA also offers Fitness 101, a three-month program that is open to the community, teaching participants the ins and outs of the fitness center. “A lot of situations that make it easy to give up. Let’s not let your goals be a missed opportunity to counteract the most commonly encountered pitfalls,” advises Jacobson.

3. Find Accountability. “If you know of someone who is going to the gym, you’re more likely to go and do the same,” advises Chambers. If your resolution is to get fit, a personal trainer can provide both guidance and accountability on your fitness journey. Another option is a small group class, like the MJCCA’s FitLine Functional Fitness or STOTT PILATES classes. “You get to know the other people in the class and start being accountable to one another, which is what we love to see at our community center,” Chambers shares. With more than 100 group fitness classes at the MJCCA, you have plenty of opportunities to find your own fitness community.

4. Take Care of Yourself. “Don’t try and do too much at once,” advises Chambers. Avoiding injuries and burnout are essential to a sustainable routine, whether your resolution is to learn to code or run a marathon. Steady progress is more likely to achieve the results you want. “Don’t forget to take care of your mental and emotional health during this time of change in your life,” says Chambers. The MJCCA’s Mindful Meditation classes offer a great way to recharge. Chambers and Jacobson encourage finding a way to reconnect with your summertime friends and family and enhance your social skills — without them even knowing it!

MJCCA Specialty Camps include:
- Sports Camps — From Atlanta Hawks Basketball Camp, Flag Football, and Kiso Kids to World Cup Soccer, Tennis, and Gymnastics, campers become all-stars in training. And for those who just can’t pick one sport, Macabi Sports Camp provides campers opportunities to try a different sport each week (or try them all)! It’s all about fun and courting curiosity.
- MJCCA Performing Arts Camps — At these camps, the thrill of live performance takes center stage. Drama Camp is a two-week theatrical extravaganza through which campers will experience every element of the theater. This summer, campers will perform Mary Poppins Jr. and Shrek Jr. Toco Hills Camp is for those who prefer to be behind the scenes. MJCCA also offers a wide array of dance camps.
- Theme Camps — MJCCA Day Camps offers a wide range of theme camps, such as LEGOLAND, Princess Camp, and Digital Builders. Theme camps provide a unique day camp experience, based on a different destination theme and travel itinerary. MJCCA Day Camps offers numerous travel camps that cater to every age and interest, such as "Taste of Atlanta," "Need for Speed," "Animal Lovers," and more.
- Travel Camps — Campers will enjoy fun and relaxing trips every day to various destinations throughout Atlanta and beyond. Each week has a different destination theme and travel itinerary.
- Teen Camps — With several teen-specific camps, such as travel, cooking, and art, teens can explore different skills and experiences. Camps include Drone Camp, "Take the Cake, EA Sports, and more. For more adventurous campers, MJCCA Day Camps also offers Adventure Challenge, Expedition Atlanta, "Georgia Trailblazers," and more.

Additional MJCCA Day Camp Highlights include:
- "Taste of Atlanta," a new camp that offers a variety of fun activities and experiences for rising Pre-K to 10th grade. Camps runs from May 28-August 9, offering more than 100 camp options at three locations: Dunwoody, Intown, and East Cobb. Camps are for rising Pre-K to 10th grade.
- "Camp of Camps" is a week-long camp that provides campers opportunities to try a different sport each week (or try them all)! It’s all about fun and courting curiosity. This summer, campers will perform Mary Poppins Jr. and Shrek Jr. Toco Hills Camp is for those who prefer to be behind the scenes. MJCCA also offers a wide array of dance camps.
- "Theme Camps" offer a wide range of theme camps, such as LEGOLAND, Princess Camp, and Digital Builders. Theme camps provide a unique day camp experience, based on a different destination theme and travel itinerary. MJCCA Day Camps offers numerous travel camps that cater to every age and interest, such as "Taste of Atlanta," "Need for Speed," "Animal Lovers," and more.
- "Travel Camps" — Campers will enjoy fun and relaxing trips every day to various destinations throughout Atlanta and beyond. Each week has a different destination theme and travel itinerary.
- "Teen Camps" — With several teen-specific camps, such as travel, cooking, and art, teens can explore different skills and experiences. Camps include Drone Camp, "Take the Cake, EA Sports, and more. For more adventurous campers, MJCCA Day Camps also offers Adventure Challenge, Expedition Atlanta, "Georgia Trailblazers," and more.

4043 or visit atlantajcc.org/wellness. For more information about fitness, call 678-812-4006 or visit atlantajcc.org/fitness.

Jared Powers (from left), Kim Sukan, Stephanie Lamport, Rabbi Max Miller, and Ed Schiffer are members of the fitness community at the MJCCA by visiting atlantajcc.org or calling the membership office, at 678-812-4006. For more information about wellness, call 678-812-4006 or visit atlantajcc.org/wellness.

Midlife Success: The Marcus Jewish Community Center of Atlanta's Moving Forward initiative was sponsored by the Schiff School Parent Partnership. The scrolls were hung on its classroom door. Jared Powers and Trey Gibbs, Hannah Solar (photo: Jennifer Sami)