

The Wellness News

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New Year's Resolutions and Goal Setting!

Happy New Year! There's no better time to reflect on the past and prepare for the New Year than now. Take some time to think about beneficial ways to improve your health by setting fun and exciting goals for the year to come.

How to Structure Your Goals:

Long term: Determine what your goal is for the next 6 months to a year. For example, if you are trying to become more active, you may want to set a goal of completing a 5K, half marathon, or triathlon.

Short term goal: These goals, usually set for three months, should be markers of how well you are doing in regards to your long term goal. For example, if your long term goal is to run a half marathon in 6 months, you would want to be running at least 4 days a week for about half of your goal's mileage for the first three months.

SMART goals: These are action-oriented weekly goals used to help you progress regularly. Here are some tips on creating SMART goals:

SMART Goals:

S - Specific:

- Aim for including when, how, and how much you will be doing to reach your goal.
- Example: Set a goal of running 2 days a week for 20 minutes.

M - Measurable:

- Set a standard way to record your progress.
- Example: Keep an exercise log and record the times and days you run or walk to track your progress and stay in line with your goal.

Including both nutritional and physical activity goals will help you meet your weight loss goals. For tips on calculating your ideal calorie range, go to:

<http://www.mayoclinic.com/health/calorie-calculator/NU00598>.

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SMART Goals Cont.

A - Attainable:

- Your goal should be something that motivates you.
- Example: Don't set a goal to run a race just because someone suggested it to you, especially if running is not enjoyable for you. Find an activity that you know you will be excited about and proud of.

R – Realistic:

- Consider your starting point and set small, attainable steps forward.
- If you are not currently exercising, avoid starting off running 5 days a week. This may lead to burn out and will make you sore and exhausted. Instead, find two days a week that are easy for you to fit in to your schedule and start with a walk or run for 20 minutes.

T – Time Based:

- Think about your end goal, where you are starting from, and what a realistic amount of time is to complete it.
- If you are currently not exercising, plan to start slowly and build up each week.
- A great link to improve your running is *From Couch to 5K Training Plan*:
<http://www.fromcouchto5k.com/articles/training/the-couch-to-5k-training-plan/>.

Weight Loss Goals:

One of the most common New Year's resolutions is to lose weight. Here are some helpful tips to help you achieve that goal:

- Write down habits and strategies that have been successful for you in the past and those that have not. When coming up with a plan, employ the successful strategies only.
- Social support can make or break weight loss goals. Find a reliable and supportive exercise partner and let friends and family know about your goals.
- Don't start out trying to be perfect! If you set the expectation too high from the start, it will be discouraging if you can't meet the goal. Set one to two SMART goals a week that you can focus on and work to achieve.
- If you miss the mark one week, try again. Two steps forward and one step back is still one step forward!

The New Year is an exciting time that provides a great opportunity for personal growth. Seeing your physician regularly will help you become aware of the health areas you should focus on. Here's to a healthy and happy New Year!



Call Your Health Coach for More Information 1-888-493-5522