

## Setting Healthy Lifestyle Goals





It is easier said than done.

This presentation can help you to achieve something you want.

## New year...fresh start!

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- The new year is a time when we think about a fresh start and what we want to accomplish.
- What is a healthy lifestyle goal? It is **your own idea** about how you want to feel and the things **you want to** do so you feel good.



## Understanding types of goals

- Short Term
  - Goals that you can accomplish in the near future (within weeks or months)
  
- Long Term
  - Goals that are more far-reaching and take longer to achieve (a year or more)
  
- A goal needs to be as specific as possible so you can work toward it and achieve it.



## Selecting your goal

- Many people wants to live healthier...ask yourself, **what** does healthier living mean to me?
- Identify the lifestyle area you **really** want to work on (and believe you can be successful at) Examples:
  - Nutrition
  - Exercise
  - Mental health
  - Alcohol & substances
  - Chronic & infectious diseases
  - Safety at home





## Set small, appropriate reasonable goals

- Live healthier can be your goal. The challenge is **how** you think you are going to achieve it?
  - “Live healthier” as a goal is too vague. What exactly do I want to achieve and how? Why do I want to do it?



*“During this time in my life, I put on quite a bit of weight in a short amount of time. I was lethargic, unmotivated and not proud of myself, so I knew a big part of my goal was getting back to my previous weight. I wanted to feel proud and full of energy from a **healthy diet and exercise two-three times a week**”.*

The goal is Healthy Diet and Regular Exercise, which is more specific than just to lose weight.

# SMART

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## Specific

For example: “ I want to do more exercise.” This is wishful thinking. It becomes a goal when you pin yourself down to: I want to do **minimum 30 minutes exercise three times a week**

## Measurable

If you can't measure it, how do you know you succeeded? **30 minutes, three times a week** is measurable

## Action Based

What, specifically, will you do to achieve your goal? For example: Two times **walking** in park and one time yoga

## Realistic

Knowing your personal limitations, what can you realistically achieve. Have a stretch goal but don't over reach

## Time Based

If there is no time limit on reaching short and long term goals, then your motivation to act is limited. **30 minutes exercise three times a week** is a time based goal

## Make yourself accountable

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- **Write down your long-term goals.** Writing them down means they are ready for referencing and review. Post them where you can see them to keep you focused.
- Example form for SMART-goals
- **Share** your goals with others and talk about your successes and challenges. In this way it is more difficult just to stop with it....





## Tips about setting and reaching goals:

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- **Accept that failure can happen and that disappointments are a part of life.** Don't give up!
- **Be realistic.** Don't set yourself up for failure. For example, if you have not been exercising, don't expect to run a half marathon with only a couple weeks of running.
- **Understand and accept that your life's path is not the same as that of the person next to you.** Work with what suits you.
- **Ask for help.** Reach out to someone you trust and who supports you.

## Tips for success

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In addition to goal setting and action planning, there are other actions that can bring you closer to success.

- **Get a partner** – Committing to work out with another person often motivates us more than exercising alone.
- **Be flexible** – If the weather is poor and you can't get out, improvise an indoor workout.
- **Take a break** – Take a day off to allow your body to recover and prevent burnout.
- **Visualize your goals** – “See” yourself performing the activities that lead to success.

## Do You Have a Success Story to Share?

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Have you set a fitness goal and met it?



- Be proud of yourself!
- If you met your goal and are willing to share your success, then let us know!
  - Contact your Site Champion
- Your story may be featured on *LifeBeats!*
- You could be someone's inspiration to make a change.

# HEALTHY LIFESTYLE

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It's in your hands!  
Start **TODAY.**



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