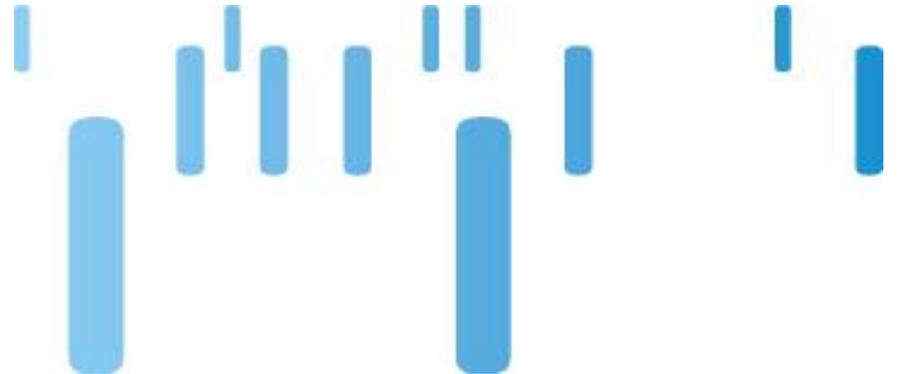


Setting Healthy Lifestyle Goals





It is easier said than done.

This presentation can help you to achieve something you want.

New year...fresh start!

- 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 want 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

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

- **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:

- **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

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?

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

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



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