

# SETTING A

S M A R T

## GOAL

Most people know WHAT they should be doing for better health, but actually doing it may become difficult. Learning how to use SMART goals and how to set them specifically for health and wellness objectives, will increase the likelihood of YOU achieving a lifestyle for better health.

S: Specific	What? Where? How?
M: Measurable	From and to? Start and Stop?
A: Attainable	How realistic is your goal?
R: Relevant	How does this fit into your life now?
T: Time- Based	When? How long?

# WELLNESS GOALS



## 4 ESSENTIAL INGREDIENTS FOR SUCCESS

- 01** Vision: Create a clear picture in your mind of what the 'new you' looks like
- 02** Planning: Continue to set short and long-term goals
- 03** Time: Learn to set priorities and manage your time
- 04** Commitment: Practice something every day. Have patience with yourself. Forgive setbacks

## SETTING GOALS

- 1. State Your Goal as a Positive Statement.** *Example: My goal is to reduce my body fat. How do I turn it into a positive statement? "I will feel more confident and my overall health will improve as my body fat lowers."*
- 2. Set a Precise Goal with Dates, Times, and Amounts so That You Can Measure Your Achievements.** *Example: My current body fat is 30%. My goal is to reduce my body fat to normal average range between 22-25% within 12 months. Example: My goal is to get in 30-45 minutes of cardio 5 days a week for 8 weeks. Example: Follow the MyPlate Guidelines for proper nutrition at every meal for one month.*
- 3. Write Down Your Goals, Then Take a Closer Look at the Words You Use to Express Your Goals.** Avoid using negative words, such as: not, don't can't etc. When words are negative, the results are negative.
- 4. Keep Goals Small and Achievable.** *Example: Each week I will lose 0.10% (one-tenth %) body fat.*
- 5. Set Goals That You Have as Much Control Over as Possible**



# 10 TIPS FOR SAYING ON TRACK

1. **Be Realistic:** The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite food again because it bothers your IBS could be a bad choice.

2. **Plan Ahead:** Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset on that particular day.

3. **Outline Your Plan:** Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling a friend for help, practicing positive thinking or self-talk, or reminding yourself why you set this goal.

4. **Make a Pro-Con List:** It may help to see a list of items on paper to keep your motivation strong. Develop this list over time and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. **Talk About It:** Don't keep your resolutions a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health.

6. **Reward Yourself.** This doesn't mean that you can eat an entire box of chocolates if your resolution is to lose weight. Instead, celebrate your success by treating yourself to something that you enjoy but does not contradict your resolution.

7. **Track Your Progress:** Keep track of each small success you make toward reaching your larger goal. Short-term goals are easy to keep and small accomplishments will help you keep motivated.

8. **Don't Beat Yourself Up:** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can every day and take it one step at a time.

9. **Stick to It:** Experts say it takes about 21 days for a new activity to become a habit and 6 months for it to become a part of your personality.

10. **Keep Trying:** If your goal has totally run out of steam, don't despair. Start over again and keep up the good work!



# FITNESS MOTIVATION TIPS & TRICKS

## GET FITTED FOR NEW KICKS

Running shoes wear out! The arch support gets worn out and decreased shock absorption can set you up for injury. Get fitted by a pro to find the right shoe for both your feet and your style. Modern running shoes typically weigh 10 ounces or less...easy for you to carry in your gym bag and have at the ready.

## JUST RUN A LITTLE BIT FURTHER

Challenge yourself to add a little bit more time – 3-5 minutes or a little bit more distance when you are engaged in cardio activity. A few more minutes are usually always attainable and each little nudge gets you close to your bigger goals faster!

## USE AN APP

Smart phone apps can help you with everything from weight loss trackers, food journals, macro counters, finding and maintaining a fitness plan and logging your exercise

## PREPARE

Preparing for a healthy week sets you up for success with your fitness plans and goals. Pack your gym bag with three or four outfits and healthy snacks. A few minutes of prep time will give you a better shot at honoring your healthy commitments.

## FOCUS ON YOUR HEALTH, NOT YOUR HIPS

Inspiration works better than motivation. When you are intrinsically motivated – or inspired, you are working out because it makes you feel good both emotionally and physically. Extrinsic motivation is driven by a reward – a slimmer body, bigger biceps...Stay focused on improving your well being and the slimmer body will follow.

## TURN EVERYDAY ACTIVITIES INTO A WORKOUT

Start to make the connection to what you do daily and traditional exercise. Engage in a squat when you need to pick something up from the floor. Use proper technique when putting a box on a top shelf. Take opportunities to walk more during your day. Stand and stretch frequently.

Wellness Council of Arizona | [contact@welcoaz.org](mailto:contact@welcoaz.org) | (520) 293-3369

