



December 2008

# Wellness Works

A part of ISU Employee Wellness Program

## Announcements:

### Lunch N Learns

“Holiday Spices - Flavorful and Healthy”  
Friday, December 12th  
Palmer Bldg., Room 0331

“How to Curb Mindless Eating”  
Thursday, January 22nd  
Palmer Bldg., Room 0331

### Live Health Iowa

Begins January 14th  
Watch your inbox to see how to get a discount on your registration!

If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at Barclay@iastate.edu

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## Goals and the New Year

With 2009 rapidly approaching, many people are beginning to consider their New Year’s resolutions. While a large number of people see this as tradition, too many of those same folks have the tradition of breaking those resolutions within a short time. The goals of this issue are to help you set S.M.A.R.T. goals and to achieve those goals. As you begin this new year we hope that you keep your health in mind when setting goals for the year. One way to seek out health in 2009 is by joining with your colleagues and co-workers in Live Healthy Iowa. The 100 day challenge starts January 14th, but teams are being set up now, so please visit the website to see how you can participate.

livehealthyiowa.org

## SMART Goals

S.M.A.R.T. stands for specific, measurable, attainable, realistic, and timely. Specific goals have a much greater chance of being accomplished than general goals. To set a specific goal you must answer the six “W” questions:



- Who is involved?
- What do I want to accomplish?
- Where can I accomplish the goal?
- When do I want to accomplish the goal? (timeframe)
- Which? (requirements and constraints)
- Why do I want to accomplish this goal?

Next, the goal must be measurable. Measuring your progress helps give you the motivation to push through and achieve your goals. Questions such as, how many, how much, and how will I know when my goal is accomplished, can help you determine whether or not it is measurable. The goal should also be attainable. First, decide if the goal is truly important to you. After that decision has been made you can begin to find ways to achieve the goal.

As long as you carefully plan out the steps needed to achieve the goal and a realistic time frame to complete them in, most goals can become attainable. Next, the goal needs to be realistic. It cannot be outside of what you are willing and able to do. If you truly believe you can accomplish your goal, then most likely it is realistic. Lastly, the goal needs to be timely. Without a timeframe, the goal has no sense of urgency. With a timeframe you can stay on track and accomplish your goal. With New Years’ just around the corner, it is time for goals and resolutions. Stay S.M.A.R.T in 2009!

topachievement.com .

## How to Maintain Your Goals When Life Interrupts Them

**H**ere are a few steps and ideas to get over the hurdles when dealing with the maintenance of goals and when life throws it's curveball at you.

**Anticipate.** Think ahead. What obstacles do you see on the horizon? What obstacles have you run into in the past? What will change your routine? Weekends are an obstacle that often seem to derail people. Also, holidays, summer, big events, changes at work, and birthdays are things you can anticipate and plan for. When you see something coming up on the horizon that might derail you, plan for it. Make it a part of your plan.

**Find the path.** When you see an obstacle, are you just going to give up? An obstacle is just something we have to get around; it's not a reason to quit. So instead of quitting, ask yourself: how do I get around this obstacle? There's always a solution, if you're creative enough.



**If you fall, get up, and learn from it.** All of us fail, from time to time. No one is successful all the time. Instead of letting failure stop us completely, just get up and dust yourself off. Learn from your experience. When you fail, ask yourself: why did I fail? What stopped me? What obstacles got in my way? How can I get around them next time it happens, and plan for next time.

**Find new motivation.** Sometimes a setback will leave us not only derailed, but unmotivated. So the real problem is finding the motivation to start again. It helps to get back to the basics: what made you want to start in the first place? What was your reason for change? What motivated you? Thinking about that, and the benefits it will have in your life, and the way things will be once you've accomplished the goal, can help motivate you.

## New Year's Resolution Tips

**E**very year we want our resolutions to be successful. Here are some tips for making your 2009 new year:

- Pinpoint what drains your energy.
- Create a plan: Use SMART goals when making your goals. Make sure to keep your steps clear. Remember, *you* know yourself best, so create a plan you know you can follow.
- Write down your resolution and plan: Immediately writing down your resolution and your plan to achieve it is important in keeping yourself on track.
- Develop a support group: Surround yourself with people that will encourage and support you to make the change.
- Visualize yourself making the change: Visualize the outcome you want to occur; it can help make the change successful.
- Control your urges: Control your urges that would steer you off your plan.
- Be brave: Changing our behavior puts us out of our comfort zone, but be brave.
- Think "year round", not just New Year's: You need to work year round to make long-term lifestyle changes.
- Remain flexible: You may need to adjust or change your plan according to your needs. Be flexible.

Here are some ideas to start your brainstorming:



- Lose Weight
- Manage/Get Out of Debt
- Save Money
- Get a Better Job
- Get Fit
- Eat Right
- Get a Better Education
- Drink Less Alcohol
- Quit Smoking
- Reduce Overall Stress
- Reduce Stress at Work
- Take a Trip
- Volunteer to Help Others
- Spend More Time with Family and Friends
- Get Organized
- Drive Less
- Enjoy Life More

mygoals.com

## Hearty Turkey Chili

### Ingredients (serves 8):

2 cups chopped zucchini  
 1 teaspoon olive oil  
 1 cup chopped onion  
 2 cups chopped celery  
 1 cup chopped bell peppers  
 2 teaspoons chopped fresh garlic  
 1 pound chopped cooked turkey  
 1 1/2 tablespoons chili powder  
 1 teaspoon cumin seed  
 2 cups diced canned tomatoes, no-salt-added variety  
 4 cups canned kidney beans, rinsed and drained  
 2 cups low-sodium vegetable broth  
 1 teaspoon brown sugar

### Directions:

Preheat the oven to 475 F.

Spray a glass baking dish with cooking spray. Arrange the zucchini in a single layer in the baking dish. Roast for 8 to 10 minutes until slightly tender and lightly browned.



While the zucchini is roasting, add the oil and chopped onions to a dutch oven or soup pot. Saute over low heat until the onions are browned. Add the celery and peppers and continue to saute. Add garlic, turkey, chili powder and cumin seed. Cover and simmer for about 5 minutes. Stir in the tomatoes, kidney beans, vegetable broth, brown sugar and the roasted zucchini. Cover and simmer for 15 minutes.

mayoclinic.com