



Have you made some healthy lifestyle resolutions for 2008? They are more likely to be successful if they are SMART goals.

- S** = Specific
- M** = Measurable
- A** = Attainable
- R** = Realistic
- T** = Timely

To find success you need SMART goals and a plan. Rather than trying to change every bad habit you have, **pick one or two specific changes** you can make that will give you quick success and move you in the direction of your ultimate goal (a healthier lifestyle). Part of the plan must be to consider what obstacles might be in the way of achieving this goal and brainstorming ways to overcome them. A major obstacle is always “how will I fit this into my schedule”? Doing this will increase your success. Be specific with your goals (think What? Why? and How?) and make sure you have a way to measure them. A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. Make sure your goals are doable. Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable. Set the bar high enough to be a satisfying achievement! Set a timeframe for the goal. If you don't set a time, the commitment is too vague. It tends not to happen because you feel you can start at any time. Without a time limit, there's no urgency to take action now.

Rather than “lose 10 pounds” as a goal, set specific and measurable behavior changes such as “Eat 3 servings of fruit each day instead of sweets for the next 2 weeks” or “Walk 20 minutes on my lunch hour 3 days/week during the month of January”. To track your progress, you need to keep a written tally/record to see if you are accomplishing your goals. **The feeling of success which this brings helps you to remain motivated.**

What are some other fairly easy healthy behavior changes you might consider to work toward a healthier lifestyle?

1. Drink 6-8 cups of water daily and cut back on soda drinking.
2. Eat breakfast each morning (or pack and bring to work) and include a whole grain and lean protein source.
3. Pack a lunch 3 or more days/week and include 1-2 fruit or vegetable servings in it.
4. Consume 3 servings whole grains each day.
5. Eat fish at least twice a week (perhaps one time as tuna salad for lunch and the other as a different fish for dinner).

6. Exercise 30 minutes daily beginning with 3 days/week (list specific time of day and exercise you plan to do)
7. Sign up and begin to train for a fitness event or sign up for a fitness class.
8. Prepare on plant-based (vegetarian) dinner each week (check out www.meatlessmonday.com for ideas)
9. Buy some free weights and begin some basic weight training at home.
10. Start reading the ingredient list on food labels.
11. Get some health fat (canola or olive oil, avocado, peanut butter) each day and reduce intake of unhealthy fats.
12. Begin to measure food to follow food portions based on www.mypyramid.gov
13. Learn to identify (intuitively) when you are hungry and begin to stop yourself from overeating or emotional eating.
14. Bring a daily healthy snack (fruit, yogurt, string cheese, handful of nuts) to work to eliminate trips to the vending machine.

If you'd like help with goal setting and moving toward a healthier lifestyle, I'm available to meet with you and help you achieve that! Just call (4-9625) or reply to this e-mail and we can arrange a time.

When it comes to make a change in your lifestyle there is nothing magical about the new year. It's really if you are ready, determined to make changes. Remember it's the little steps you take consistently each day that make a difference over time. I can help you to reach your goals.

Looking for a way to stay more active during the colder winter months? Consider forming or joining an "Lighten Up Iowa" team (2-10 people) for the 100 Day Challenge (Jan. 16-April 24). The cost is \$15 per participant but you can get a \$5 coupon by purchasing the Live Healthy America display at Hy-Vee. The fee includes a T-shirt, monthly incentives, weekly activity, nutrition advice tips via e-mail, free entry to Iowa Games Fitness Walks AND a one-year subscription to a magazine (choose from Fitness Journal, Heart-Healthy Living, Diabetic Living, Mujer or Ladies Home Journal). The ISU Benefits office has allocated prizes for the top teams and individuals.

To register or learn more, visit www.lightenupiowa.org. The Iowa State employee registration code is **LUISU**. Team captains need to use this registration code to be registered under ISU. Upon completion of the captain's registration each team member will be sent a username and private password. The username and password is used to access your personal dashboard in Lighten Up Iowa where you can use the daily journal as well as record their minutes and weight.

Looking for some healthy recipes to start the new year? Check out these links <http://www.foodnetwork.com/> and <http://www.mayoclinic.com/health/healthy-recipes/RE99999>

How about Black-eyed peas for good luck in the new year—it's a tradition and it's not too late! Check out the recipe at <http://www.foodnetwork.com/>

Stress bothering you? Come learn "What is Stress Doing To Your Health" and how to help manage it! Jan. 17 at noon in the Palmer. Reserve a spot by calling 4-9625 or replying to this e-mail.

Feel free to bring your lunch along!

Wishing each of you a healthy and happy 2008!

Sally

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