



How to Set a Goal and Reach It

How likely is it to keep your New Year's resolution? According to Marist Poll conducted in December, 2010, 40% of people did not keep their goal that year. That doesn't sound bad but consider the other 60 percent only kept it for "at least part of a year". When it comes to your health, exercise, and nutrition life long behavior changes are necessary to truly increase your quality of life. This can be achieved by creating **S.M.A.R.T.** goals.

SPECIFIC MEASURABLE ATTAINABLE RELEVANT TIME BOUND

Committing to "eating better" in the next year is not enough. You need to consider the following questions to set a **SMART** goal that can lead to success. **What exactly will you do to achieve this? How will I track how successful I am? Is this realistic or do I know of barriers? Will this goal yield the outcome I'm looking for? How will I know when I've completed it?**

Another thing that should be considered is your health behaviors and how they relate to the success of achieving your goal. Health behaviors can include anything you do intentionally or unknowingly to your body, emotions and interactions with others. Choosing to fit in exercise routinely, eating out of boredom and having alcoholic drinks with friends are all health behaviors, some being good, bad or appropriate in moderation. When setting a goal the best place to start is truly understand why you got to this point and how your behaviors are related.

It can be difficult to determine some of these things on your own, seeking professional assistance may be needed. Being accountable to another person can motivate you to keep up on your goals. Health advisors like doctors, dietitians and exercise physiologists can help you determine your health behaviors (continued on p.2)

Message from the Editor

Have a topic or question you'd like to see discussed? Or if you would like to receive the newsletter direct to your email contact:

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As the writer of this publication, I'd like to hear from you and learn more about your nutritional interests! I've studied Human Nutrition at The Ohio State University and have been working at a national nutrition company since 2006. My parents, Roc & Elaine, raised our family in a healthy, knowledgeable environment and established healthy habits in our lifestyles. Now that you know me, I'm looking forward to getting to know more of you!

- Mandi Nelson

(continued from p.1) and how to work towards improvement. Goals that change health behaviors take time, commitment and support from others.

Attainability is also a key factor in your success. It can take multiple steps to work up to an actual change in your daily behavior before it becomes second nature to your lifestyle. Most health goals should be divided into several small goals that lead up to a bigger picture. Along the way you often come across barriers that stop you from achieving your goal. Speak about your goals not only with your health advisors but also your friends and family. They can help brainstorm suggestions on how to persevere through it or voice how realistic it is in the first place. Here is an example of a **SMART** goal that works off of continuing the learned behavior in steps to complete the behavior change. Hopefully it will inspire you!

S.M.A.R.T. Goal

Long Term Goal: Increase current fruit and vegetable consumption to the recommended daily serving of 5 within 10 weeks.

Known Barrier: Too inconvenient for busy lifestyle.

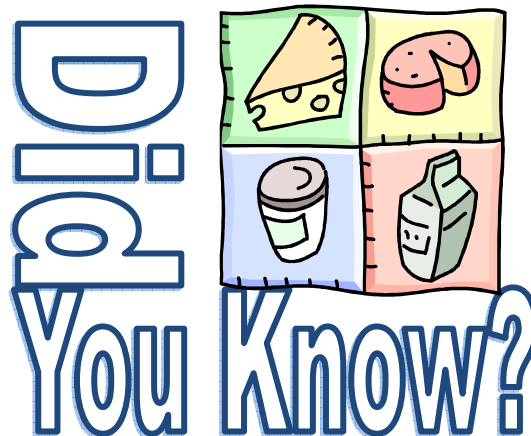
Week 1-2 : Step 1: Buy a 100% fruit or vegetable juice and consume no more than one 8 ounce glass per day.

Week 3-4: Steps 1 & 2: Stock up on can or frozen vegetables and prepare a serving as a side dish with dinner every night.

Week 5-6: Steps 1, 2, & 3: Buy dried fruits such as raisins or banana chips and consume one serving size per day.

Week 7-8: Steps 1, 2, 3, & 4: Buy 7 servings of fruit that travel well such as oranges, apples or bananas and eat once per day while walking into the office, school or around the house.

Week 9-10: Steps 1, 2, 3, 4, & 5: Buy snack-able vegetables such as celery sticks, carrots or sliced bell peppers and prepare a small serving every night or large serving at once to eat 1 serving every day with lunch or as an afternoon snack.



The National Dairy Council wants you to know dairy products can provide key nutrients that most Americans aren't getting enough of in their diet. The Dietary Guidelines for Americans say there are 4 nutrients low in our diets starting as young as 2 years old. Milk, cheese and yogurt together can provide 3 of those nutrients which are calcium, vitamin D and potassium. Vitamin D can be synthesized in our bodies when our skin is exposed to sunlight. Increasing your intake from foods may be necessary during winter months when sun exposure is less.

References

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