

A Healthier You

SET S.M.A.R.T. GOALS

This Is Your Year

Can you feel it? This is the year you take a step forward. No matter what journey you're on—weight loss, better work/life balance, reaching a financial milestone—you can make it happen! The key is to clear your path to victory with S.M.A.R.T. goals and other techniques that will help you stay motivated when you want to waver.

section 01

Your January Activity: Set S.M.A.R.T. Goals

Set your own S.M.A.R.T. goals with a guided worksheet chock full of helpful tips and instructions. This is your year—so start it off right.

What Are S.M.A.R.T. Goals?

They are your roadmap to success. S.M.A.R.T. (specific, measurable, action-oriented, realistic and timed) goals help you define where you want to go and how you're going to get there. Use this month's activity to learn more and set your own S.M.A.R.T. goals.



Other Ways to Keep Calm and Get Your Goal On

Accountability-buddies

Cheesy term, useful thing. Support makes the journey easier. Ask a couple of trusted friends to hold you accountable, or join a group hoping to make a similar change or achieve a similar goal.

Celebrate your victories

You're going to achieve milestones on the way to your end goal. Let yourself enjoy it! It doesn't matter if you dance at your desk or simply take a few moments to feel good—just don't be afraid to celebrate.

Learn what works (and what doesn't)

Save recipes you enjoy, workouts you prefer, exercise times that work best for you and your family—and then plan accordingly.

Remember, every day is a chance to start fresh

Don't let one misstep spiral out of control. If you grab a greasy meal, skip a workout or otherwise lose focus, forgive yourself and keep going.

Healthy Habits, Healthy You

Deciding to exercise more can seem daunting, but you don't need to pump iron for two hours every day to slim down and feel fit. A few simple tips and tricks, along with a few tweaks to your daily routine, will increase your activity level throughout the day.

Tip #1

Find a Gym Near You

There are plenty of great at-home workout options if your schedule prevents you from getting to the gym. If you can make it out, however, we recommend finding a local gym where you feel comfortable. Leaving the house will help you get in the right mindset and, if you're new to working out, most gyms employ personal trainers who can help you create a workout and nutrition plan. Getting started is as easy as Googling "gyms near me"!



Tip #2

Be More Active During the Day

A typical workday is fairly sedentary. If you're not careful, it's easy to sit all day — during your commute, while working at a computer, over lunch. Here are a few small ways you can increase your activity level when you don't have time for a full workout:

- Take the stairs, not the elevator.
- Park at the end of the lot to get in a short walk. If you can, ride your bike to work!
- At night, do body weight exercises (push-ups, crunches, jumping jacks) during TV show commercial breaks.





section **03**

Smart Choices + Small Changes = Big Results

Slipping up on a diet isn't always about a fast food dinner, a second dessert or an occasional donut. The small choices you make throughout the day—what snacks you eat at the office, whether you buy a \$5.00 coffee—add up to big results. Use this to your benefit and gradually make changes to improve your diet.

Eat This

Whole grains (whole wheat bread, etc.)

Water or unsweetened ice tea

**Seafood and lean meats
(white meat chicken, turkey, etc.)**

Canadian bacon

Low-fat or fat-free milk, cheese and yogurt

Not That

Enriched flour (white bread, pastries)

Sugary soda or juice

Hot dogs, ribs, beef with high fat content

Bacon

Whole milk, fatty cheeses and ice cream

January Recipe

Cider Pork Stew

Apple cider (or juice) and an apple gives this easy-to-fix winter stew a tasty hint of sweetness.

INGREDIENTS

- 2 lbs. pork shoulder roast, cut into 1-inch cubes
- 3 medium-sized potatoes, cubed
- 3 medium-sized carrots, cut into 1/2-inch pieces
- 2 medium-sized onions, sliced
- 1 medium-sized apple, cored and coarsely chopped

INSTRUCTIONS

In a 3-1/2 to 5-1/2-quart slow cooker, combine pork, potato, carrot, onions, apple, celery, and tapioca. Stir in the apple cider or juice, salt, caraway seeds, and pepper. Cover and cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. If desired, garnish individual servings with celery leaves.

Total Time (Cook and Prep): 360 minutes

Servings: 8 (about 1-1/4-cup)

- 1/2-cup coarsely chopped celery
- 3 tablespoons quick-cooking tapioca
- 2 cups apple cider or apple juice
- 1 teaspoon salt
- 1 teaspoon caraway salt
- 1/4 teaspoon ground black pepper
- Celery leaves (optional)



NUTRITION INFO:

- 272 calories
- 7 g fat
- 73 mg cholesterol
- 405 mg sodium
- 27 g carbohydrates
- 3 g fiber
- 24 g protein

SMART GOALS

Set S.M.A.R.T. Goals and Track Your Progress!

Every year we are encouraged to set goals for ourselves, but how to set good goals is rarely discussed. Good goals are specific, measurable and achievable. That's why many experts on lifestyle improvement recommend that you follow the S.M.A.R.T. guidelines:

Specific

What end result do you want to achieve? Weight loss? Increased sleep? Improved financial security? More time with family?

Measurable

How will you know when you achieved your goal? How many pounds do you want to lose? How many hours of sleep do you want each night?

Action-Oriented

In specifics, what will you do (step-by-step) to reach your goal? What strategies do you have for overcoming obstacles and barriers?
Example 1) "I will work out and diet five days a week until I hit my weight loss goal" combined with an exercise plan.

Example 2) "I will plan to spend every Tuesday evening with my family" with a list of simple, potential activities: at-home game night, eating out, enjoying time in a park, etc.

Realistic

Don't discourage yourself by trying to do too much too fast. Consistent, achievable progress will bring you more success than frequent stops and starts!

Timed

It's always easier to start next Monday. Know when you want to begin working toward your goal and when you want to get there, and use those dates as motivation to keep going.

Using S.M.A.R.T. goals will spur you to keep going. When you have a plan and know how your actions impact your progress, you're more motivated to do all sorts of things: work out (even if you don't feel like it), turn down an unhealthy dessert, or do whatever it is you need to do to continue improving.

Don't forget to celebrate small victories on the way to your end goal. It's okay to feel good—if you're staying on course, take time to enjoy your success!

YOUR **SMART** GOAL

Please complete the following information for your personal tracking:

Your goal:

How you will measure success:

What actions will you take to get there and how will you overcome obstacles?

Why is this goal significant to you?

When will you begin and when do you hope to reach your goal?

Start:

End:

Your Progress: Week 1

Your Progress: Week 2

Your Progress: Week 3

Your Progress: Week 4

Your Progress: Week 5

YOUR **SMART** GOAL

Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

Did you create a goal?

YES

NO

On what date did you start working toward your goal?

When do you hope to reach your goal?

Are you satisfied with the outcome or your progress toward success?

YES

NO

DREAM BIG.

PLAN BIGGER.

**Because You Can't Reach the Peak
Until You Climb the Mountain**

Check out the January newsletters for information about setting S.M.A.R.T. goals, small changes that can make a big impact on your nutrition, tips on how to be more active, healthy food substitutions and more.

JANUARY ACTIVITY

Set S.M.A.R.T. Goals

Learn to create realistic, effective goals and start your year off right.



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