MAKING CHANGE REAL

Ever make a New Year’s resolution?

Have past resolutions just fizzled by January 10th? Why does this happen? Our intentions are so good! Jane Birr, a local author and life coach describes a problem most of us have with setting goals or making resolutions that are too vague.

THESE GOALS NEED TO BE SMART!

That is:

S---- Specific
M---- Measurable
A---- Action orientated
R---- Realistic
T---- Time limited

Here are some examples of goals that are NOT SMART.

“I plan to eat better”
“I plan to be more active”
“I plan to watch TV less.”
“I plan to lose 20 pounds in 5 weeks”

You can see how vague they are and the last one is pretty unrealistic.

Let’s take a look at some “SMARTER” goals.

“I plan to have a glass of water when I wake up in the morning and one with every meal”
“I plan to limit my fast food meals to 2 xs per week and without soda.”
“I plan to walk 15 minutes during my lunch break 3 xs per week”
“I plan to eat at least 3 fruits/vegetables every day.”
“I plan to study without a whole bag of chips at my desk.”
“I plan to take single serving size snacks in my book bag for when I am running late.”
“I plan to track my exercise every week on a calendar and begin with 100 minutes weekly”
“I plan to reduce my stress by taking 10 minutes every day to listen to music.”

**if you want to lose weight, it is absolutely essential to include exercise in your plan.” Remember that in order to lose 1 pond per week, one needs to “spend” an extra 500 calories per day in activity or eat 500 calories less per day.

Define a long term weight goal for yourself______________________________________________________________

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Define a short term exercise goal for yourself______________________________________________________________

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What are the things in your life today that are standing in the way of making changes in eating habits or activity level? _____________________________________________________

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