

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 pound 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 _____

Define a short term exercise goal for yourself _____

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