

FOR IMMEDIATE RELEASE

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Goal Setting Roadmap

It's hard to believe that a new year is just around the corner! A new year means that we have a new start, 365 days, to plan, execute, and crush our goals! This can all be very exciting, but it's okay if it also feels very overwhelming. You might be saying, "I don't even know where to start!"

Have you ever set a New Year's resolution to improve your health? The resolution itself sounds great, but there are several different avenues one could venture down to improve different aspects of their health and wellness! Everyone that embarks on a health and wellness journey has a different starting line; so where should YOU start?

To ensure success, it is a great idea to use the S.M.A.R.T. goal-setting method. You will need to set aside time to prepare and plan this roadmap, but the long-term benefits will be worth it!

SMART goals are:

- **Specific**- Planning to eat healthier is a great idea, but what does that really mean? Aim for specific goals instead, such as eliminating sugary beverages, grabbing a fruit or vegetable for a snack instead of a bag of chips or limiting the meals you are eating out.
- **Measurable**- Make your goal one that can easily be measured. Instead of having a goal of exercising, have a goal of strength training 3 times a week.
- **Attainable**- Meet yourself where you are! Avoid aiming too high or too low. Set small goals that will lead to big results over time.
- **Realistic**- Losing 15 pounds in a week sounds great, but it's not realistic. Often people set unrealistic goals and give up because they don't see progress at the rate they want. Choosing realistic goals that you can meet will reinforce your efforts and keep you moving forward. Losing one pound per week is a realistic and sustainable goal.
- **Time-Bound**- Set a date to aim towards. Setting a date will give you something to keep pushing towards!

Be patient and stay focused on your goals. Soon you will be on your way to a healthier and happier you this new year!

For more information, visit www.mayoclinichealthsystem.org OR contact, Katherine Pinto, EFNEP and SNAP-Ed Agent, kd Pinto@ksu.edu or 620-232-1930.

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