

FOR IMMEDIATE RELEASE

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SMART Goal Setting 101

A new year means we have another 365 days to chase our goals! This can be exciting, but it can also be very overwhelming if you have no idea 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 explore to improve various aspects of their health. So, where should YOU start? As you reflect on your resolutions, it is important to spend time preparing, planning, and setting SMART goals to position you for long-term success.

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, opting for a fruit or vegetable as a snack over a bag of chips, or limiting the number of meals you eat 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 strive for and 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, kdpinto@ksu.edu or 620-232-1930.

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