

Your Health, Your Goals



A **healthy living goal** is something **YOU** want to do to **improve your health or well-being**. Chances are, you have set, and met, many goals in life already, from finishing school to learning to ride a bike or drive a car.

Examples of healthy living goals include eating wisely, becoming more physically active, quitting smoking, or taking a more active role in your own health care.

We know it is often hard to change or add new things to our busy lives. Your health care team would like to guide you on your journey to improved health.

Here are a few tips to help you to get started:



1 Step One:

Identify a goal, something that you would like to do to improve your health, something that is under your control. Example: *"I would like to be more physically active."*

2 Step Two:

Identify at least one specific step that you might take to achieve your goal. People do best when they choose "SMART" goals that are:

Specific: Walk at the mall first thing in the morning

Measurable: Walk for 10 minutes

Action-oriented: Walk (not just think about doing it)

Realistic: Walk for 10 minutes rather than an hour

Time-specific: Start tomorrow and do it 3 times a week for the next month

3 Step Three:

Get support. Share your plan with us, as well as with a friend or family member. See if they will ask you how you are doing with your goal.

4 Step Four:

Keep track of your progress and let us know how you are doing:

- If you met your goal, terrific!
- If you had trouble, re-work your goal so you can succeed.
- Your health care team can help! Talk with us about your goals!