



# Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

February 23, 2009

WEEK 1

## Setting Goals that Make a Difference

Setting goals can be a powerful way to create change, whether it be physical, mental, emotional, or any other aspect of your life. Make your goals **SMART** goals to get the most out of them and ensure you are successful.

**S**pecific- State your goal with as many details as you can. "Losing weight" is a good goal, but "Lose 5 pounds by exercising for 30 minutes, 4 times a week" is even better. Thinking through your goals now will make it easier later.

**M**easurable- Make sure you have a way of measuring your progress. That way you have hard evidence that you really did it! If you want to be healthier, how will you measure "health"? For this program, we have provided you with a Log Sheet for tracking your progress.

**A**chievable- It's good to be optimistic when setting goals, or "habits", but you also want them to be realistic. Choose goals and habits that will be challenging but also something you feel you can complete. If they are too difficult, you may end up feeling unmotivated and discouraged.

**R**elevant- Make sure the goal is important and meaningful to you, not something someone else wants for you. You should feel motivated to achieve your goal.

**T**ime-based- Set a practical deadline for your goal. This will help motivate you into action *now* and prevent you from putting it off.

## Your Body, Your Goals

Every week of the *Healthy Habits* program you will set a Nutrition habit and an Activity habit to help you reach the weekly goal. The question is, however, what is your long-term goal? Why are you participating in this program? What kind of change are you trying to achieve?

Now that you know about setting SMART goals, it is time to sit down and figure out what is your *overall* goal. What do you want to accomplish from participating in this program and what would you like to see at the end of 12 weeks?

Take the time now to set your own SMART goal. Write it on your Healthy Monday Memo Board, put it on your bulletin board or refrigerator, or make it your screensaver. Wherever you put it, make sure it is someplace visible where you will see it every day.

It's also a good idea to think about some of the things that may prevent you from reaching your goal. Make a list of some of the barriers or obstacles you may encounter during the next 12 weeks. Now come up with a few ideas of how to combat each obstacle. Creating a game plan now will make you even more likely to achieve your SMART goal.

Congratulations for making the effort to make the changes you want for yourself and your health!

## Announcements

### •**Eat Smart, Get Fit:**

•*Session 1 begins February 25*

•*Session 2 begins April 8*

• Try out this 6-week action-based program that includes fitness and nutrition assessments, weekly group workouts with a personal trainer and classes with a registered dietitian. Enroll at the UCB Learning Center