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GOAL SETTING FOR THE NEW YEAR

Setting clear goals and having a plan to obtain them can go a long way in helping you be healthier *all year*. Follow the tips below to help ensure you are sticking with the goals you have for the year.



Be specific. Those with specific goals are more likely to succeed. Instead of saying “I want to be healthier this year,” make a specific goal to walk 10,000 steps per day. This will help you chart progress as well.
Put it in writing. Commit on paper exactly what you want to achieve. Post it somewhere where you’ll see it daily to remind yourself.

Create an action plan. Set up a timeline to help you achieve smaller goals in route to accomplishing the larger goal. Establish deadlines for each step and cross them off as you go.
 Remember, all positive changes—small or large—can improve your daily life.

Harvest of the Month



Fruit: Apples

Vegetable: Winter Squash



Get to know the harvest

- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.
- Varieties of squash with darker yellow/orange flesh are more nutritious than lighter colors.
- A 1/2 cup of cooked squash or sliced apples is about one cupped handful.

SWAP OUT: Unrealistic Resolutions
SWAP IN: Realistic Plan



If you’re looking to start the new year off with a change that you’ll stick to, go after goals that are SMART. That is, goals that are:

- Specific.** Goals should be fairly simple and clearly state what you intend to do. Modify a goal of “get healthier” into “walking at least 10,000 steps each day.”
- Measurable.** Goals should also be measurable so that you know when you’ve accomplished them. Modify a plan of “losing weight” into “reducing my body fat 2%.”
- Attainable.** Goals should be achievable; they should stretch you slightly so that you feel challenged. Start with something just out of reach then adjust if you make progress.
- Results-focused.** What is the reason or purpose of the goal? Include in your goal what you hope to accomplish.
- Time-bound.** Goals should be linked to a time frame that makes your goal a priority. This also provides a great deadline to re-evaluate how you’re doing. Remember, goals can be short or long-term.

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