

SETTING S.M.A.R.T GOALS

Happy New Year! To many of us, a new year can feel like a brand new start- therefore we like to set New Year's resolutions.

Some common New Year's resolutions can include losing weight, hitting the gym, eating healthier, increasing fruit/vegetable intake or even drinking more water. While the new year is a great time to start fresh with goals like these, it can be difficult for most people to maintain these goals throughout the year. This is because many people tend to set goals that are too general or not specific enough. Thankfully, we can set goals and stick to them by making sure they are SMART goals. SMART goals are goals that are Specific, Measurable, Achievable, Realistic, & Timely.

Specific:

Set a goal that is specific- **what** exactly do you want to accomplish? **Why** do you want to accomplish it? Try writing your goal down.

Measurable:

Your goal should be measurable: **how** will you know that you have met your goal? How will you **track** this goal? Ask yourself "how much" or "how many."

Achievable:

Your goal should be achievable. Ask yourself if you have the **time and resources** (money, equipment, support) to achieve your goal. Assess what you have & develop a plan that will set you up for success.

Realistic:

Make your goal realistic and relevant to your life. Does this goal relate to your interests and fit in with your lifestyle? Your goal should be somewhat challenging but not something that seems impossible to reach.

Timely:

Your goal should have a timeframe in which it should be completed by. Set a specific date/time for when you want to achieve your goal. There is no need to rush your goal so give yourself time.

Not-So SMART Goal Example: I will eat more fruits and vegetables everyday.

SMART Goal Example: I will eat 2 servings of fruits and 2 servings of vegetables everyday for the next 3 months.

Recipe of the Month: Apple Coleslaw



Ingredients:

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

Directions:

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

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