



## New Years Resolutions

### Start with SMART goals

**S-** Specific

**M-** Measurable- also meaningful or motivational

**A-** Attainable or Achievable

**R-** Realistic – also rewarding

**T-** Timed – also tractable

**Specific** – Say I want to lose 40 lbs not I want to lose weight

**Measurable-** I want to lose 3 inches in my waist vs. I want to get rid of my belly

**Meaningful/Motivational** – I want to join the gym because my friends will be there and they can motivate me; in contrast to I will join the gym even though I don't like working out while people are watching because I think that is what you need to do to you lose weight

**Attainable-** I want to lose 40 lbs in 6 months vs. I want to lose 40lbs in the next 2 months.

**Realistic-** If you're a couch potato, don't expect to run a marathon right away instead work up to running a 5K.

**Rewarding** – You should try to lose weight because it will help you feel better and give you a better quality of life not because someone thinks you should be a smaller size.

**Timed-** I want to lose 10 lbs in 5 weeks not I would like to lose 10 lbs.

**Trackable-** You can track your progress.

### Establish support

Enlist the help of friends and family to help you with your Resolutions and Goals.

Seek professional help for achieving your goals. A Registered Dietitian is a nutrition expert and can help provide knowledge and support to help you with your weight loss and healthy lifestyle goals.

Talk to your Doctor about ways to achieve your goals.

### Devise a Plan

Set short term and long term goals. Short term goals should help you accomplish long term goals. Such as 4 lbs in 2 weeks helps you accomplish 40 lbs in 6 months. Look for ways to help you achieve your goals.

### **Don't give up**

If you don't succeed at first don't give up but keep on trying. Re-evaluate your goals to make sure they are realistic.