

SETTING GOALS
FOR YOURSELF

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Often the goals we make for ourselves, whether it be to exercise three times a week, or to reach our daily intake of fruits and veggies, wind up becoming far more difficult than they might seem. That said, changing long-standing habits isn't exactly child's play...as the effort can sometimes seem just downright excruciating. But little did you know that sticking your personal goals is not as hard as you might think...thanks in part to Change4Life™, our brand new online health portal, and its S.M.A.R.T goal feature, which believe it or not, you don't have to be a brainiac to use! Actually, S.M.A.R.T has little to do with your actual intelligence and is an acronym for the five steps of goal setting which are **specific, measureable, attainable, relevant** and **timely**. Oh, and another fun fact? S.M.A.R.T goals are one of the most effective tools used by high achievers to reach their goals – realistically AND consistently (we read on the Internet that Albert Einstein used them...so it must be true).

get **S.M.A.R.T**

- S SPECIFIC** Pick a specific goal so that you can easily focus on it
- M MEASUREABLE** A measurement gives feedback and let's one know when the goal is complete
- A ACHIEVABLE** Set yourself up for success by taking a "small steps" approach
- R REALISTIC** Have a plan for how you will integrate your goal into your life
- T TIME-BASED** Decide how long it will take you to incorporate your goal into your daily or weekly routine

But just how the heck does it work, exactly?

The Change4Life S.M.A.R.Tgoal tool allows plan members to develop a personal health plan and track their progress as they work towards achieving it. By nature, the Change4Life portal takes a more active, and less passive (because really, who just wants to read?) approach to health management, which plays a huge factor in the S.M.A.R.T goal process. The time-based concept is particularly important when one is aiming to reach a goal that is significant. Breaking your goal into smaller pieces allows you to review your progress at timely intervals to determine if your goal is moving in the right direction.

To get started...

Simply head on over to Change4Life today (remember, our health portal is only accessible via Plan Member Online Services) and click on TRACKERS on the top navigation bar. From there, you can create your own S.M.A.R.T goals all while earning points for

setting and tracking them – points which you can then use to bid on ACTUAL rewards (hellooooo Starbucks giftcard!). Pro tip: You may want to take your Health Risk Assessment (HRA) beforehand, as this will give you a great starting point on what areas specifically you need to work and focus on. But more on that later....

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You may also want to set a daily reminder as a way to track and measure your progress. This could be in the form of a journal, your smartphone OR on the Change4Life web portal via the many different trackers (such as weight, blood pressure, sleep, stress and mood...just to name a few).

TOTALLY RANDOM, SOMEWHAT USEFUL STATISTIC

According to the University of Scranton, research suggests that just 8% of people achieve their New Years' resolutions....but we bet that stat would be a lot higher if more people took the S.M.A.R.T goal approach!

HEALTH BENEFITS AS EXPLAINED BY A ~~30~~²⁴ YEAR OLD

Why the Change4Life™ Health Risk Assessment (HRA) is about to be your new BFF..

Okay, so it seems like everywhere I turn I'm being told by like, some form of media how to live my life. Whether it is how to dress specifically for my 'body structure' ("pear shape" is good, right? And why am I suddenly a fruit?), what to eat (wait, is it quinoa or kale that's in right now?), what not to eat (gluten? Apparently our greatest threat since Y2K...), what shoes I should buy based on my hair colour (seriously, that was a real article), etc. I could go on and on. Obviously, it is totally exhausting and overwhelming. And more important, red shoes look horrible on me, so sorry shoe/hair article but you were also dead wrong there...

If you're considering making a lifestyle change, whether it be introducing something to your diet that isn't deep fried in batter (*deep sigh*) or learning to run 5k for the fun of it (fun??!!) it's probably best you get the big picture of your overall health right at the start. How, you might ask? Taking the Change4Life Health Risk Assessment (HRA), duh! For those totally unfamiliar, an HRA is a super detailed health questionnaire you fill out and it gives back your own health report card... that only you get to see. No slouching home to get your parents signature on it. It is the first thing you see when you enter Change4Life. And you get points – 150 to be exact...just for completing it.

So, now you've completed your HRA...what next? You'll receive that personalized health 'report card' along with an overall health score. Want more? The results also generate a recommended action plan complete with personalized tips, tools and resources in order to help you along the way to a healthier (and happier) life. If you're totally bummed out with your score, don't fret – you can redo the assessment as many times as you like (which FYI, keeps your score and action plan current). You're able to earn points for every six-month redo as well as watch your improvements over time. Sweeeeeet.



DARN GOOD HEALTH ADVICE:

The best workout for belly fat? Fork putdowns and table pushaways, of course!

Disclaimer: We are in no way suggesting that you starve yourself, as that is not the healthy way to shed any extra poundage. Just be cognizant of what you're eating and remember, moderation is key.

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DID YOU KNOW?

Stick2It is not only alive and well, but has now been included as part of the Change4Life web portal. Anyone can sign up to receive notification reminders to either take or refill their medication. Remember – drugs don't work if you don't take them!

stick **2** *it*

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TWEET US



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