

# Healthy City USA

PRESENTED BY PORTNEUF HEALTH TRUST

## Healthy SMART Goals

Welcome to the New Year, Healthy City, USA! It's the perfect time to create healthy habits and live a healthier lifestyle. When making New Year's resolutions, use SMART goals to keep yourself on track.

**S: Specific** — Being specific about your goals means you know specifically what you want to achieve. For example, "run more" is not a specific goal. A more specific goal would be "run in the park for 15 minutes a day on Mondays, Wednesdays and Fridays." This is specific enough to know what you need to do to achieve your overall health goal.

**M: Measurable** — There's no way to know how you're progressing without something to measure your progress with. If you want to improve your mental health, time is an excellent unit of measure. An example would be, "schedule 10 minutes every day of the week to meditate in a quiet environment." This way, you see that you are consistently meditating for

the full 10 minutes each day.

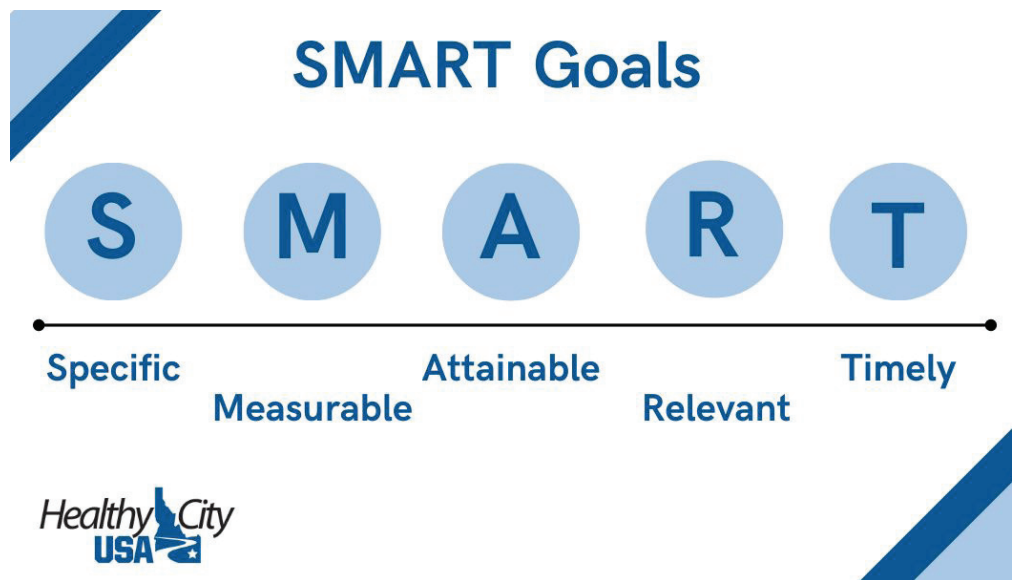
**A: Attainable** — This is probably the number one reason why goals aren't achieved in the first place. People set goals that are completely unrealistic and out of reach. When making changes to your diet, don't cut anything out of your diet cold turkey. Ease your way into it so you are more likely to succeed. An example would be instead of having five Cokes a day, take it down to one a day, and then eventually one every other day, one every three days, etc. Small adjustments like this lead to

life-changing accomplishments in the long run.

**R: Relevant** — Make the goal you set relevant to what the overall goal is. For example, training for a marathon is irrelevant if your goal is to build more upper body strength. Keep it simple and don't linger off course.

**T: Timely** — Successful goals have a timeline. Making a goal of "go to the doctor soon" doesn't have the same sense of urgency as "this Thursday I will call and schedule my yearly doctor's appointment for March."

### SMART Goals

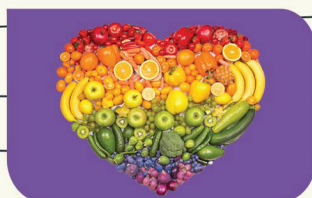
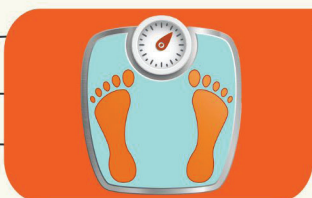
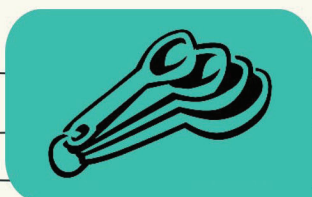


### Nutrition 101

Wednesday, January 18<sup>th</sup>, 2022

12:00pm-1:00pm

In-person class



**FREE for everyone!**

City Center Campus - Training Level  
1001 N 7th Ave. Pocatello, ID 83201



Check out Healthy City, USA, on Facebook for more info on the next Nutrition 101 on Jan. 18.



It's not too late to join one of the January Energizer Challenges on MoveSpring! Scan the QR code, use the organization code 'simplyhealth' when prompted, and select the blue "+Join/Create" button to get started!