

Happy New Year! Time for a New Year Resolution?

Remember to keep your resolution **S.M.A.R.T.** so as not to set yourself up for failure and disappointment.

S = specific, for example instead of “losing weight” say “lose 5 pounds by Easter (April 9th)”. Instead of saying “I’ll eat more fruit and vegetables” say “I’ll eat at least 4 servings of fruit or vegetables every week”.

M = measurable, I’ll check my weight on Friday mornings. Keep track of your fruit and vegetable intake during the week or keep a food diary.

A = achievable, can you realistically lose 5 pounds by Easter? Can you reasonably eat more fruit and vegetables every week? If not adjust the amount or time.

R = relevant, is this goal relevant to you? Maybe weight loss is not relevant to you. Maybe eating more fruit and vegetables is not relevant. What is relevant to you?

T = time-oriented, set an amount of weight or number of servings of fruit or vegetables per week. Determine a time frame to achieve your goal, and end date. Most importantly be kind to yourself.

Most of us try to eat better, exercise more or any other number of things to improve our physical health. Most of us have failed in past attempts, don’t let past failures define you. Start fresh start anew. Sometimes these things are easier to do with partner. Do you know someone who can join you to encourage each other along the road?

I’ve been talking about your physical wellbeing. How about your spiritual well-being? What can you do to improve that? Be **S.M.A.R.T.** about that too. Maybe start with one of the many Bible-verse-a-day websites? I’m sure if you ask Father Joe he would have some great suggestions for you as well.

Wishing you Health & Happiness,

The Health Ministry Board