



## **FAB BITS-N-TIPS – WEEK OF 15 JANUARY 2012**

Again welcome to FAB and the Session of **“NO EXCUSES!”** I hope each of you is trying to make small life-style changes that add up and result in have long-term health benefits. One sure-way to achieve this is covered in this week’s Bit-N-Tips which is: Goal Setting

### **GOAL SETTING**

Setting exercise goals gives you focus and motivation. Your nutrition and workouts are given a purpose. With the first of each year, there is often a renewed goal to diet and exercise regularly. You can create goals for eating healthier, exercising more or for training for a race. Use the SMART method to develop your action plan. Attached for your ease of reference/completion, are two sample SMART Worksheets.

#### **Be Specific**

"S" stands for specific. If your goal is to exercise more, write how many days per week you are going to work out. For example, "I will work out two days per week." To make this more specific, list which days you will work out, at what time, what type of activity you will do, and for how long. If you miss your specified day, you must adjust your schedule to meet your weekly goal.

#### **Make It Measurable**

"M" is for measurable. A measurable goal allows you to track your progress. The easiest way to make your goal measurable is to associate a number with it. For example, "I will do 10 push-ups every other day," or, "I will walk for 30 minutes every day." This way, you know whether or not you achieved your goal. There is no confusion. Combine the specific and measurable sections to answer the question, "How will I accomplish my goal?"

#### **Achieve It**

"A" stands for attainable. While setting your goal, ask yourself, "Is this realistic?" Set goals that challenge you, but that can be achieved. It is very easy to place unrealistic expectations on ourselves. If you are not currently exercising and set a goal of five workout days per week, it will likely prove too much. Start small. Remember, if you have time in your schedule, you can always add another workout. Set yourself up for success!

#### **Reward Yourself**

"R" is for reward. Give yourself something to look forward to. Outline a reward relevant to your goal. For example, you could purchase a new pair of sneakers or a heart rate monitor. Once you're committed to your active lifestyle, you might want new equipment to vary your workout. Whatever you decide, the reward should be something that you would not normally do. Let it be your motivation.

#### **Time Frame**

"T" stands for time-line. Your goal must have a completion date. If your goal is to run a 5K, write the date of the event. You may decide to try a yoga class by the end of the month. Goals that are long-term, such as training for an event, require smaller goals to be set. Develop a SMART action plan for both your short-term and long-term goals.

#### **Tips**

Write your goals down on paper and keep them in a visible place. This keeps them in the forefront of your mind. Share your goals with friends, family or a support group. Know your barriers and limitations. Brainstorm ways to overcome possible road blocks. If your workout partner bails on your planned workout, use your plan B so you stay on track. The key is to plan and prepare.

**References:** ["ACE Fit Facts: Reaching Your Goals the SMART Way"](#)