

Action Plan

To Your Health!

What is your next step?

Knowing your numbers and assessing your health is the first step to living well. Regardless of where you may be at this given moment, there are always adjustments you can make to improve your health & decrease your risk for illness & disease. The next step on the path to wellness, is to set goals. Step three is to carry those goals into action. Remember to focus on the 3 keys areas to living well -- **Eat Better, Move More, & Stress Less!**

Set Goals

Set **SMART** goals!

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Example Smart Goals:

- I will eat 2 vegetables & 3 fruits each day this next week.
- I will walk 5 days next week for 30 minutes/day.
- I will set aside time for leisure reading at least 1 hour/day.

Time to set some goals! Thinking back to what you have learned today, let's set some SMART goals which will help you improve your results on the next fitness assessment.

1. _____

2. _____



Flip the page to learn how to carry these goals into action.

Quick Steps to Better Health

- Step 1: Choose a health behavior you want to change** that occurs 3-4 times/wk. (e.g. ice cream, soda, fried foods, tobacco, alcohol, stress, etc.)

- Step 2: Pick a way to measure the results of this change** (e.g. weight, pant size, waist size, perceived stress level, blood pressure).

- Step 3: Cut the behavior in half** until it occurs only 1-2 times/wk for at least 1 month

- Step 4: Return to Step 2** to see how big an impact it made; if goal is reached, choose another health behavior you want to improve.

Make A Plan

Barriers to Change Everyone must overcome personal hurdles as they travel the path to wellness. Whether it is time, personal attitudes, or the environment in which you live, recognizing the barriers, and having a plan to overcome them, will allow you reach your goals. Let's list the barriers that may come your way, and make a plan to help you succeed.

Barriers

Strategies

For more tips on eating better, moving more, stressing less, overcoming barriers to change, and additional community resources, be sure to visit www.LoveToLiveWell.com

