

One Step Closer to Healthier Living

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How are you doing with your New Years' resolution? Did it involve eating or physical activity goals?

Changing too much at once is overwhelming and hard to keep up.

Do you want to eat healthier, get active or just feel your best? The secret to success is to break down your healthy living goals into mini goals that are easy to manage. Start with one small, clear goal that is right for you.

Setting "SMART" goals is a way to get started. Focus on 1-2 goals at a time.

How to set a SMART Goal

Use this helpful checklist. Make sure your goal is:

Specific: When will you start? What will you focus on? How will you do it?

Measurable: How often will you do this? How much will you do? What will you track and how?

Action-oriented: What eating or activity behaviour will you change? Focus on a behaviour rather than a feeling or a thought.

Realistic: Can you see yourself completing this goal? Be honest! Setting small goals that are achievable is a strong motivator and a positive way for you to track your progress.

Time-framed: How long will it take you to reach your goal?

Here is an example of how to turn a goal "SMARTER"

Goal: I'm going to start eating more vegetables. This is a good start but this goal will be hard to measure and it is not time-framed.

"SMART" Goal: I'm going to eat 1 cup of vegetables with dinner 4 times this week. This goal is specific, measurable and has a specific timeframe. This will help you determine if you have reached your goal!

Make these Goals **S.M.A.R.T**.er

I will eat out at lunch less often

Starting Monday I will pack my lunch from home 4 days per week

I will make healthier drink choices

Starting Monday I will limit my intake of juice to ½ cup serving 3 times per week

I will increase my physical activity

Starting Monday, I will go for a 30 minute brisk walk at least 5 times per week

Post your goal in the kitchen where you will see it and enlist family and friends to support, not sabotage your new habit.

If setting food related goals, remember to look at your eating environment. Look around at home, work, or in the car for cues eg. Candy bowls and cookie jars that can hinder your healthy habit. Try putting a fruit bowl on counter and keep other sugary snacks out of sight.

To help track your progress and reach your goals, some tools available:

My fitness pal

www.Dietitians.ca/gettheapps

www.cookspiration.ca for healthy recipes

References:

www.dietitians.ca ,
www.eatrightontario.ca