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News Release for Immediate Use
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We are 25 days into the New Year. How are you doing on your New Year's resolution, or did you make any this year? Historically, I have made an effort to include goals for the New Year. I have learned through the years that in order to be successful, I need to keep them simple and obtainable. A great way to do this is to use SMART goals. S=specific, M= measurable A=attainable, R=realistic and T=timely.

The use of SMART goals will allow you to narrow the goals and in turn, this will make things easier to make the goals turn in to long-term, sustainable behavior changes. In the end, it will improve your overall health picture. Specific is important. If you are setting a nutrition goal, it is not enough to say "I will eat healthy" break that down, what does that mean. A better approach may be, "I will have a serving of vegetables for lunch and dinner and have one for a snack during the day" that is specific. You can measure it by keeping track of your meals to see if you are including vegetables for lunch, dinner and one for a snack. Is it attainable? If you answer no to this, are there ways in which you can make this happen? Do you need more resources such as recipes for this goal to happen? Is it realistic? In terms of our example of vegetables, I feel that it is realistic and a good thing to have that goal become reality. Is it timely? If this is an area that you need to be held accountable then the answer to this question is yes.

If you are struggling, you may also consider picking one or two goals and no more than that. If you can consistently follow through with two goals, at the end of the year, you will see progress and you will have the outcome that you set out to achieve. Once you can experience success, then you can add more to the goals you are currently working to accomplish.

When working through the concept of goals, be sure to include a reward into the process. If your goals are in relationship to nutrition and physical fitness, select a reward to help you with continued success. It could be a new food prep item or a piece of fitness equipment.

If you are in need of more resources, visit <https://food.unl.edu/newsletter/healthy-bites/tips-resolutions-last> . As always, you are also welcome to email me at raae.aspen@unl.edu Have a healthy and happy rest of January and a fabulous February!