

A Healthier You

SET S.M.A.R.T. GOALS

This Is Your Year

Can you feel it? This is the year you take a step forward. No matter what journey you're on—weight loss, better work/life balance, reaching a financial milestone—you can make it happen! The key is to clear your path to victory with S.M.A.R.T. goals and other techniques that will help you stay motivated when you want to waver.

section 01

Your January Activity: Set S.M.A.R.T. Goals

Set your own S.M.A.R.T. goals with a guided worksheet chock full of helpful tips and instructions. This is your year—so start it off right.

What Are S.M.A.R.T. Goals?

They are your roadmap to success. S.M.A.R.T. (specific, measurable, action-oriented, realistic and timed) goals help you define where you want to go and how you're going to get there. Use this month's activity to learn more and set your own S.M.A.R.T. goals.



Other Ways to Keep Calm and Get Your Goal On

Accountability-buddies

Cheesy term, useful thing. Support makes the journey easier. Ask a couple of trusted friends to hold you accountable, or join a group hoping to make a similar change or achieve a similar goal.

Celebrate your victories

You're going to achieve milestones on the way to your end goal. Let yourself enjoy it! It doesn't matter if you dance at your desk or simply take a few moments to feel good—just don't be afraid to celebrate.

Learn what works (and what doesn't)

Save recipes you enjoy, workouts you prefer, exercise times that work best for you and your family—and then plan accordingly.

Remember, every day is a chance to start fresh

Don't let one misstep spiral out of control. If you grab a greasy meal, skip a workout or otherwise lose focus, forgive yourself and keep going.

Healthy Habits, Healthy You

Deciding to exercise more can seem daunting, but you don't need to pump iron for two hours every day to slim down and feel fit. A few simple tips and tricks, along with a few tweaks to your daily routine, will increase your activity level throughout the day.

Tip #1

Find a Gym Near You

There are plenty of great at-home workout options if your schedule prevents you from getting to the gym. If you can make it out, however, we recommend finding a local gym where you feel comfortable. Leaving the house will help you get in the right mindset and, if you're new to working out, most gyms employ personal trainers who can help you create a workout and nutrition plan. Getting started is as easy as Googling "gyms near me"!



Tip #2

Be More Active During the Day

A typical workday is fairly sedentary. If you're not careful, it's easy to sit all day — during your commute, while working at a computer, over lunch. Here are a few small ways you can increase your activity level when you don't have time for a full workout:

- Take the stairs, not the elevator.
- Park at the end of the lot to get in a short walk. If you can, ride your bike to work!
- At night, do body weight exercises (push-ups, crunches, jumping jacks) during TV show commercial breaks.





section **03**

Smart Choices + Small Changes = Big Results

Slipping up on a diet isn't always about a fast food dinner, a second dessert or an occasional donut. The small choices you make throughout the day—what snacks you eat at the office, whether you buy a \$5.00 coffee—add up to big results. Use this to your benefit and gradually make changes to improve your diet.

Eat This

Whole grains (whole wheat bread, etc.)

Water or unsweetened ice tea

**Seafood and lean meats
(white meat chicken, turkey, etc.)**

Canadian bacon

Low-fat or fat-free milk, cheese and yogurt

Not That

Enriched flour (white bread, pastries)

Sugary soda or juice

Hot dogs, ribs, beef with high fat content

Bacon

Whole milk, fatty cheeses and ice cream

January Recipe

Cider Pork Stew

Apple cider (or juice) and an apple gives this easy-to-fix winter stew a tasty hint of sweetness.

INGREDIENTS

- 2 lbs. pork shoulder roast, cut into 1-inch cubes
- 3 medium-sized potatoes, cubed
- 3 medium-sized carrots, cut into 1/2-inch pieces
- 2 medium-sized onions, sliced
- 1 medium-sized apple, cored and coarsely chopped

INSTRUCTIONS

In a 3-1/2 to 5-1/2-quart slow cooker, combine pork, potato, carrot, onions, apple, celery, and tapioca. Stir in the apple cider or juice, salt, caraway seeds, and pepper. Cover and cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. If desired, garnish individual servings with celery leaves.

Total Time (Cook and Prep): 360 minutes

Servings: 8 (about 1-1/4-cup)

- 1/2-cup coarsely chopped celery
- 3 tablespoons quick-cooking tapioca
- 2 cups apple cider or apple juice
- 1 teaspoon salt
- 1 teaspoon caraway salt
- 1/4 teaspoon ground black pepper
- Celery leaves (optional)



NUTRITION INFO:

- 272 calories
- 7 g fat
- 73 mg cholesterol
- 405 mg sodium
- 27 g carbohydrates
- 3 g fiber
- 24 g protein