



Get **SMART** ... to get healthy

Many of us have health and fitness goals that are very important to us, but most of the time they do not work. Why? Because they are not SMART enough. A SMART goal sounds like this: "I will walk for 10 minutes after dinner every day for the next two weeks." This goal is SMART because it is:

- S** **Specific:** You should be able to answer all of these questions about your goal: What will you do? When will you do it? Where will you do it? Who will you do it with? Why will you do it? How will you do it?
- M** **Measurable:** Your goal should include a number that tells how much, how many, or how often — so you can check your progress.
- A** **Appropriate:** You should feel good about trying to reach your goal, and it should lead to your long-term goal.
- R** **Realistic:** You should have everything you need to reach your goal — time, equipment, support, and other resources.
- T** **Timely:** Your goal should have a clear start and end point.

Here are five great examples of SMART eating goals. Choose your favorite, and get started right away:

- Goal 1:** Every day this week, I will eat a breakfast that includes fruit, dairy, and a whole-grain (for example, a banana, low-fat yogurt, and half a whole-grain bagel with a teaspoon of peanut butter).
- Goal 2:** I will eat brown rice or whole-wheat pasta instead of white rice or white pasta at least once this week.
- Goal 3:** I will eat a dark green vegetable every day this week (for example, spinach, broccoli, Romaine lettuce, peas, etc.).
- Goal 4:** I will prepare one new healthy recipe for dinner each week for the next three weeks.
- Goal 5:** I will use skim or low-fat milk in my coffee instead of half-and-half or whole milk this week.

UPMC HEALTH PLAN

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