



## Did you know:

# March is National Nutrition Month<sup>®</sup>?

Use this time to set **SMART** health goals to help you move toward improved health.

- **Specific**: Make them detailed and defined so that you know where you are going
- **Measurable**: Utilize numbers and quantities to allow for measurement and comparison
- **Achievable**: Ensure goals are feasible and easy to put into action
- **Realistic**: Consider constraints such as resources, personnel, cost, and time frame
- **Time-Bound**: Use time frame to set boundaries around the objective

### Nutrition SMART Goal Examples:

- Every day this week, I will have at least one serving of vegetables at lunch.
- I will cook and eat at home every evening this week.

### Physical Activity SMART Goal Examples:

- Starting today, I will do vigorous aerobic exercise at the gym for twenty minutes at least three times a week after work.
- I will do thirty minutes of weight-resistance exercises at least one day per week.

### Strategies for how to stay accountable to your SMART goals:

- Begin by making smaller changes and implement one or two changes at a time.
- Share your goal with a friend, or start a group challenge.

