



Week 6: Setting Goals and Preparing for the New Year

For many of us the New Year brings new year's resolutions. Unfortunately, sometimes those resolutions don't last very long! Here are some ways to make sure this year is the one that you will positively follow through on. It's important to make sure your resolutions are realistic. Goals also need to be actionable and attainable. Otherwise, you are just setting yourself up for failure. To set goals try using the **SMART** method: Make your goals **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. An example of a SMART goal is, "My friend Pete and I will join the office gym and we will meet there and exercise for 30 minutes, three times a week, on Mondays, Wednesdays and Fridays at 6:30 am before work." A non-SMART goal would be "I will start exercising regularly." Scheduling the exercise and having an exercise buddy will help keep you on track. Once you have set your goals, write them down and post them somewhere (like a bathroom mirror or refrigerator) so that you can remind yourself, or share them with your exercise buddy. Set both short- and long-term goals and make a plan for how you are going to achieve them. Then, when you reach a goal, reward yourself in some positive way that's in keeping with your goals, and set a new one!

Here are some videos and websites that may help you:

1. [CooperAerobics - The Benefits of Setting Short-Term Goals to Achieve Long-Term Success](#)
2. [CooperAerobics - Cooper Clinic-New Nutrition Goals](#)
3. [CooperAerobics - Six Goals to Help Achieve Weight Loss](#)
4. [CooperAerobics - Setting S.M.A.R.T. Goals Video](#)
5. [CooperAerobics - 10 Ways to Eat SMART](#)
6. [CooperAerobics - Cooper Aerobics - Top Tips to Accomplish Fitness Goals](#)