

# MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION

COLLEGE OF NURSING | VILLANOVA UNIVERSITY



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## New Year, New Beginnings

It is that time of year again when health and weight management New Year's resolutions are quickly made and then, unfortunately, quickly broken. Break the cycle and help your family stick with healthy resolutions! Here are some quick tips to help you along the way.

- 1) Set positive goals that are achievable. Here are a few guidelines in setting goals that may help you stick to them: think of the word SMART.

**Be Specific.** Specify the who, what, when, where, and why elements of your goal.

**Measurable:** Be specific in the amount, rate, time, etc., that you want to achieve your goal. For example, "I want my family to increase our physical activity by 10 minutes each week until we reach a goal of 40 minutes of exercise per day together."

**Achievable:** Be sure to set a goal that is achievable and attainable. Be honest with yourself and the limits of your family. Setting smaller goals may be more practical than one big goal. For example, if you want to incorporate more vegetables into your family's diet, set a goal of introducing one new vegetable per week instead of serving only vegetarian meals!

**Relevance:** Choose a goal that is relevant to your family's lifestyle and health goals. If you have no motivation to reach your goal, you most likely will not do so.

**Time-Specific:** Don't be afraid to set a deadline. If you have a time frame in mind, it will be an additional motivator to reach that goal. Remember to make the time frame relevant and achievable.

- 2) Be accountable to others. Plan to meet another friend with children for a walk or sign up for an activity class at a local YMCA or gym. If you already have a scheduled meeting with a friend or have shelled out money ahead of time, you are more likely to stick with the plan.
- 3) Keep a family food journal. It may sound old-school, but being accountable is a proven way to help individuals eat healthy, lose weight and keep it off.