

"Getting Active" Is A Very Common New Year's Goal

But How Do We Work Towards That Goal?



https://inside.ewu.edu/calelearning/psychological-skills/goal-setting/

Types Of Goals







Outcome Based On A Group Standard

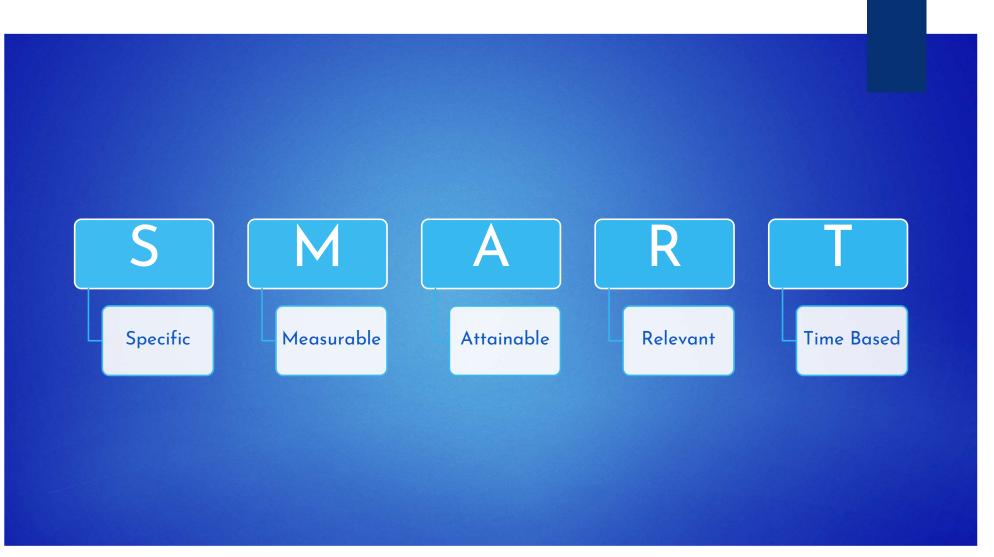


Process

- Walk On A Treadmill For 20 Mins Daily
- Performance
 - Be Able To Walk 540 Meters During The 6 Minute Walk Test

Outcome

Lose 5 Lbs In 2 Months

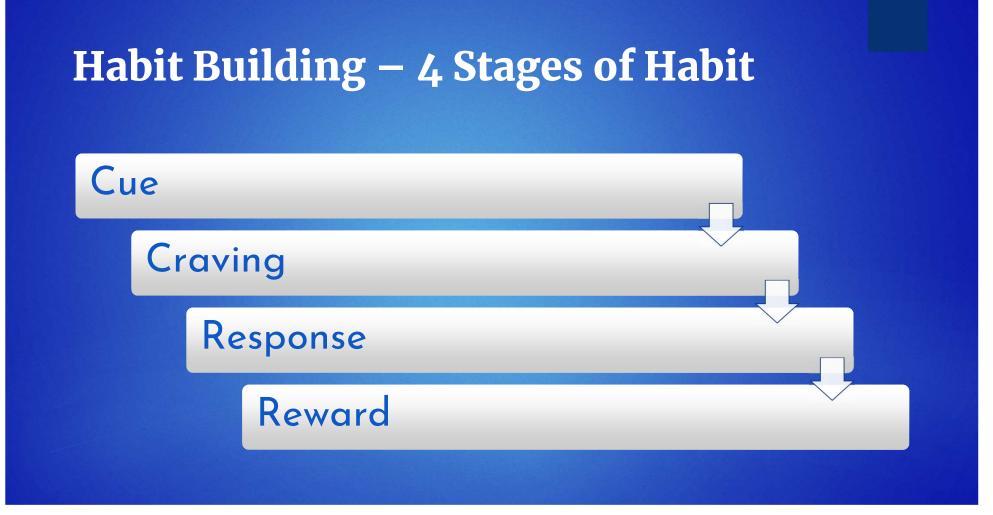


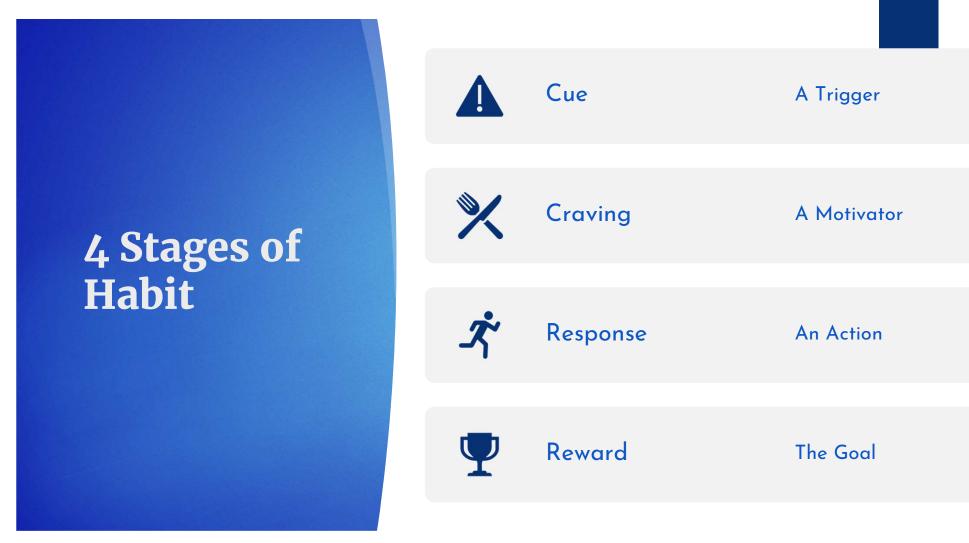
SMART Goals

► Specific

- ▶ Who, What, Where....
- Detailed Statement
- ► Measurable
 - ▶ There Must Be A Way To Measure Your Progress
- Attainable
 - ▶ It Is Within Your Reach
- Relevant
 - ► It Aligns With Your Own Aspirations
- ► Time Based
 - Set A Deadline

https://jamesclear.com/three-steps-habit-change





4 Stages Of Habit

Negative Habit

- ► Cue
 - Coming Home From An Event
- Craving
 - ► A Sweet Snack
- ► Response
 - ► Grab Cookies From The Shelf
- Reward
 - Satisfies Craving For Sugar

Positive Habit

- ► Cue
 - ► Coming Home From An Event
- ► Craving
 - ► To Feel Energized
- Response
 - ► Complete A 5 Min Exercise Series
- Reward
 - ► Feeling Energized

How To Set Yourself Up For Success?



Step 1: Create A SMART Outcome Goal



Step 2: Break Down The Outcome Goal Into 2-3 Separate Process/Procedure Goals



Step 3: Find Ways To Include Cues For The Process Goals Into Your Everyday Life

Sample Goal Setting



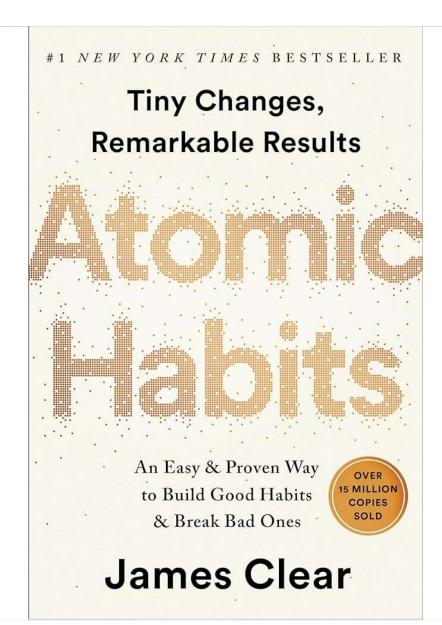
"I Want To Be Active"



Process Goal: I Will Complete A 20 Min Exercise Video, 3x/Week Performance Goal: I Will Be Able To Complete 18 Sit To Stands In 30 Secs Outcome Goal: Improve Blood Pressure To 130/85 In 2 Months



You'd Be Surprised What You Can Achieve With Dedication!



Book Recommendation

Senior's Fitness Test Scores

This Can Be A Good Way To Create Measurable And Relevant Goals!

<u>Seniors' Fitness</u> <u>Test Scores</u>



