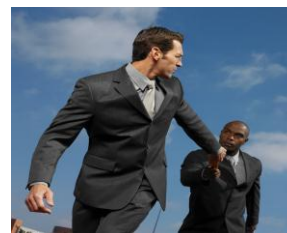


# Make 2013 Your Healthiest Year Ever!!

Forget resolutions, goal setting and re-evaluating your goals throughout the year are very important tools to help you succeed at improving your health and wellbeing. Below are some tips of how to spring into 2013 and see the improvements in just a few weeks.

1. **Set Small Monthly Goals:** Having a broad spectrum goal like “I want to loose weight” is fine, but breaking it down by 30 day increments helps keep you on track. A monthly goal could be “I want to go to the gym 3xs every week” or “I want to remove refined sugars from my diet”. Each month should be different but intended on getting you to your annual mark.
2. **Keep A Journal:** Recording your daily or weekly progress is essential to starting out any endeavor strongly. It can identify your strengths and weakness and areas you need to fine tune to continue to get the results you want. Food journals and fitness journals are popular but you can also record sleep patterns, stress levels, time spent outdoors, and clothing sizes.
3. **Find A Partner in Crime:** Having a person that holds you accountable makes everything easier. Group training makes evening workouts more exciting to attend. Hiring a professional organizer makes cleaning your garage easier to get going, and sending your dietitian a 24 hour food recall once a week enables you to develop new meal ideas faster.
4. **Develop “S.M.A.R.T” Goals:** Having aspirations that are Specific, Measurable, Attainable, Relevant, and Timed allow you to really focus your efforts on one purpose. If your annual goal is to complete a 5K race, your January goal can be to run 2xs per week. You do not have to worry about weight training and cycling and rowing all at once, just focus on the specific task at hand. Be “SMART” about your execution.
5. **HAVE FUN:** Pairing your objectives with something you love to do truly increases the chance of you sticking with it. If you love to dance and your goal is to decrease your blood pressure, take a Zumba class twice a week. If you love to watch football and your goal is to eat more vegetables, make your tailgate vegetarian.



The purpose of every goal is to not just accomplish it but to make it part of your life and your every day routine. If you stay focused, involve people you love, keep a record or your progress and have fun you are bound to succeed. Have a great holiday season and a Happy New Year!!

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