

with small, specific goals such as walking 10 minutes a day, three days a week, and slowly build up from there. Keep an activity log to track your progress. You should check with your doctor before you start any exercise program.

Try these activities to add more movement to your daily life:

- Take the stairs instead of the elevator. Make sure the stairs are well lit.
- Get off the bus one stop early if you are in an area safe for walking.
- Park the car farther away from entrances to stores, movie theaters, or your home.
- Take a short walk around the block with family, friends, or coworkers.
- In bad weather, walk around a mall.
- Rake the leaves or wash the car.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.

Losing as little as 5 to 15% of your body weight over six months or longer can do much to improve your health. For example, if you weigh 200 pounds, losing 5% of your body weight means losing 10 pounds. Losing 15% of your body weight means losing 30 pounds.

Try some of these ideas to support your weight-loss efforts:

- Keep a food diary.
- Shop from a list and shop when you are not hungry.

- Store foods out of sight.
- Dish up smaller servings. At restaurants, eat only half your meal and take the rest home.
- Eat at the table and turn off the TV.
- Be realistic about weight-loss goals. Aim for a slow, modest weight loss.
- Seek support from family and friends.
- Expect setbacks and forgive yourself.
- Add physical activity to your weight-loss plan. Doing regular physical activity can help you control your weight.

Help Is Available

Just talking about your problems sometimes leads to new solutions. If you or someone you know needs information, guidance or help, contact the resource and number listed below or look in the Yellow Pages for local professionals who can help.

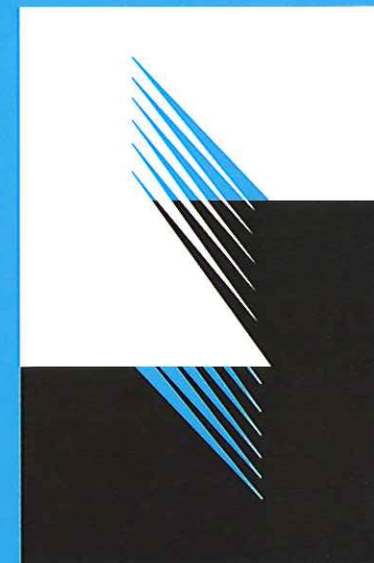
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SETTING HEALTHY GOALS



For many of us, goals are easily made and easily broken. Whether it's to lose weight, save money, or adopt a healthier lifestyle, goals can be hard to keep. But working toward these and other goals can improve your life. Setting realistic, healthy goals year-round — and not just at New Year's — can lead to a healthier lifestyle, improved self-esteem, and increased confidence. The start of a new year doesn't have to be the only time you decide to accomplish a goal. Having clear goals and something to aim for can help you lead a healthier life year-round.

The following tips can help you and other family members successfully set and achieve your goals:

Be specific. When thinking about your goal, be as exact as possible. People who set specific goals are more likely to succeed. For example, instead of saying that you want to save money, set a specific goal to save \$20 (or whatever your goal amount is) per week.

Put it in writing. Write down exactly what you want to achieve and post it in a place where you will see it every day. This will help remind you what you're working toward. When you write, use positive terms. For example, instead of writing, "I will stop eating junk food" reword your goal in more positive terms: "I will make healthy food choices."

Set realistic goals. When you think about setting goals, make sure that they are within your reach. Be mindful of your finances, schedule, and other personal affairs. Many people forget to think about these important factors and, as a result, they set unrealistic goals for themselves.

Develop an action plan. Create a timeline with steps toward your goal. Set deadlines for each

step and cross them off as you go. Sometimes just crossing things off and watching your list get smaller can give you a sense of accomplishment and help you to keep going.

Believe in yourself. Stay positive about your progress. Share your goal with a friend and ask him to help keep your spirits up.

Be flexible. Keep in mind that setbacks can happen. Don't get discouraged and give up. Your hard work will pay off!

Reward yourself. Acknowledge your achievements, even the small ones. Reaching a goal takes hard work and you should be proud of your efforts.

Setting Goals to Become Stress-Free

For a lot of people, the pursuit of balance seems like an impossible goal. With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it's no surprise that more than one in four people describe themselves as "super stressed." And that's not balanced — or healthy. In our rush to "get it all done" at the office and at home, it's easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships.

Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The newest research shows that chronic stress can actually double our risk of having a heart attack. That statistic alone is enough to raise your blood pressure!

While we all need a certain amount of stress to spur us on and help us perform at our best, the key to managing stress lies in that one magic word: balance. Not only is achieving a healthy work/life balance an attainable goal, but workers and businesses alike see the rewards. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.

There are several practical goals we can make to loosen the grip that stress has on us and win back the balance in our lives. A balanced eating plan, regular physical activity, and stress relief can help you stay healthy for life.

Many people feel stress in their daily lives. Stress can cause you to overeat, feel tired, and not want to do anything. Regular physical activity can give you more energy. Try some of these other ideas to help relieve stress and stay on track with your fitness and nutrition goals:

- Get plenty of sleep.
- Practice deep breathing and relaxing your muscles one at a time.
- Take a break and go for a walk.
- Take short stretch breaks throughout the day.
- Try taking a yoga or tai chi class to energize yourself and reduce stress.
- Try a new hobby, like a pottery class or any activity that sparks your interest.
- Surround yourself with people whose company you enjoy.

Setting Healthy Goals to Lose Weight

You do not have to be an athlete to benefit from regular physical activity. Even modest amounts of physical activity can improve your health. Start