

# Nutrition Tidbits

## Tips for Setting Goals

- Start small. Little changes have a big impact!
- Stay focused. Even partial attainment is an accomplishment.
- Be persistent. Goal attainment for most people is not a linear process. There are starts, stops and movement back. Be prepared for them, and determined to pick back up with your goal.

**FOCUS:** Select 1-3 behaviors that you want to focus on. Choose something that will have the maximum benefit if achieved. Create **SMART** objectives:

**S**pecific: As much detail as possible.

**M**easurable: Identify quantitative targets for tracking your progress and results.

**A**ttainable: Be sure it is possible to get the results you desire.

**R**ealistic: Set goals you can reach even if small

**T**imely: Specific deadlines



## Flexible Spending Accounts (FSA)

Don't forget about those flexible spending accounts that need to be used by year's end! Consider getting assistance in making those 2009 Healthy Lifestyle New Year's Resolutions. Take the first step by investing your FSA into a wellness package at PNT. Are you already started, but need further guidance? No problem, we can help. There are many approaches out there that work; our staff can help guide you to the next level on your current plan.

Nutrition wellness packages can be purchased for a discounted rate. From now until the end of the year, we are offering discounts on already discounted package plans. Contact PNT today to receive more information.

## Setting 2009 Healthy Lifestyle Resolutions

Jill is frustrated and disillusioned. Growing up, she was always considered the athletic girl in school. She was involved in gymnastics, cheerleading and dance – things she loved doing that made her feel strong and energetic. Competing gave her reason to push to the next level, and she certainly did. Jill won regional cheerleading championships and won many gymnastics competitions. It's now 20 years later, a marriage and 3 children, and she seems to have lost that person. Life has changed. No longer can she wake up and simply decide what she is going to do with her day. Her day now belongs to her family and all the responsibilities that come with being the female head. Jill loves being a wife and mother, but she longs to be that strong, healthy girl she was back in her younger days. For the last 3 years, she has made failed attempts to get healthy. Good intentions get overpowered by a busy schedule and family demands. She wonders if she will ever see that 'fit Jill' ever again.

You might be able to identify with Jill in some way. The majority of us are less fit than we were when we were young and we have almost lost hope that we could ever get back to that same great condition. Many clients that I meet with have a similar story. All of them desire to be healthy, but do not know where to begin. Failed attempts leave most people with little hope. Well, there is good news! We are about to embark on a new year – 2009. With the presidential elections behind us, change is in the air. Be determined that this is your year to accomplish your healthy lifestyle goals once and for all.

Now that you have established determination, how do you become successful once and for all? Webster Dictionary defines success as "the favorable or prosperous termination of attempts or endeavors." This is exactly what you want, right? One thing you can do is take on the characteristics of successful people. There are several lists out there, but the list that fits well



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in attaining good health comes from Jeffrey J. Mayer, best-selling author. Print this list out in a readily visible area where you can see them along with your specific New Year's Healthy Lifestyle Resolutions.

The following is a list of the skills, talents, and characteristics you'll find in successful people:

1. **Successful People Have a Dream.** That dream in this instance could be to lose weight, lower your cholesterol or just to have more energy. *Remember: 1) It only takes one sound idea to achieve success.*

2) *People who excel in life are those who produce results, not excuses. Anybody can come up with excuses and explanations for why he hasn't made it. Those who want to succeed badly enough don't make excuses.*

2. **Successful People Have Ambition.** They want to accomplish something. They have enthusiasm, commitment, and pride. They have self-discipline. They're willing to work hard and to go the extra mile. They have a burning desire to succeed, whatever it takes to get the job done. *Remember: With hard work come results. The joy in life comes with working for and achieving something.*

3. **Successful People Are Strongly Motivated Toward Achievement. They take great satisfaction in accomplishing a task.**

4. **Successful People Are Focused.** They concentrate on their main goals and objectives. Yes, you will have setbacks, but successful people find solutions around them.

5. **Successful People Learn How to Get Things Done.** Before setting out, they investigate realistic solutions to their dream. In the instance of a healthy lifestyle, they may look at things such as the National Weight Control Registry (NWCR), consult a registered dietitian or even consult with a personal trainer on their exercise regimen.

6. **Successful People Take Responsibility for Their Actions.** They don't make excuses. They don't blame others. They don't whine and complain.

7. **Successful People Look for Solutions to Problems.** They're opportunity minded. When they see opportunities they take advantage of them. Everyone is too busy, but successful people find time.

8. **Successful People Make Decisions.** You may have been in that contemplative state of "I know, I need to get healthy" for too long. Make the decision to JUST DO IT.

9. **Successful People Have the Courage to Admit They've Made a Mistake.** Past attempts of a healthy lifestyle are important learning curves. What worked? What didn't? What will help you be more successful going forward?

10. **Successful People Are Self-Reliant.** They do not wait for other people to jump on board to share their dream. Incorporating a healthy lifestyle may take extra courage for you, as others around you are not ready to do the same. Do not wait for them - start now and maybe, just maybe they will get inspired by you!

11. **Successful People Have Specific Knowledge, Training, and/or Skills and Talents. They know the things they need to know to be successful. And when they need information, knowledge, or skills and talents that they don't possess, they find someone who does possess them.** Seek advice from a Registered Dietitian for specific guidance in meeting your healthy lifestyle goals.

12. **Successful People Work with and Cooperate with Other People.** Seek out other people that have the similar desires as you. Network, encourage and support each other.

13. **Successful People Are Enthusiastic.** They're excited by what they're doing, and that excitement is contagious. Enthusiasm about the process of reaching goals is a sure way to stay to success.

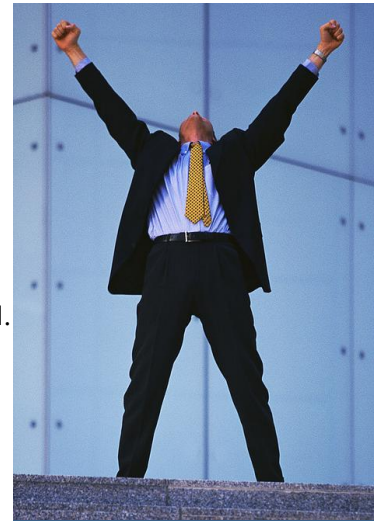
Success begins with a state of mind. You must believe you'll be successful in order to become a success!

Sources & Resources:

*Setting Your Developmental Goals*, Bill Sternbergh & Sloan R. Weitzel

*13 Characteristics of Successful People*, Jeffrey J. Mayer <http://www.succeedinginbusiness.com>

*National Weight Control Registry (NWCR)*, Brown Medical School <http://www.nwcr.ws/>



**HAPPY HOLIDAYS FROM PROFESSIONAL NUTRITION THERAPISTS!**

