

# New Year, New Habits!

Tips for a healthier you in 2021



# Set a Single Specific Goal

- SMART goal
  - Specific
  - Measureable
  - Attainable
  - Relevant
  - Time-bound
- What is the “why” behind your goal?
- How important is this goal to you?
- What are barriers you foresee getting in the way?
- What do you prioritize over achieving this goal?

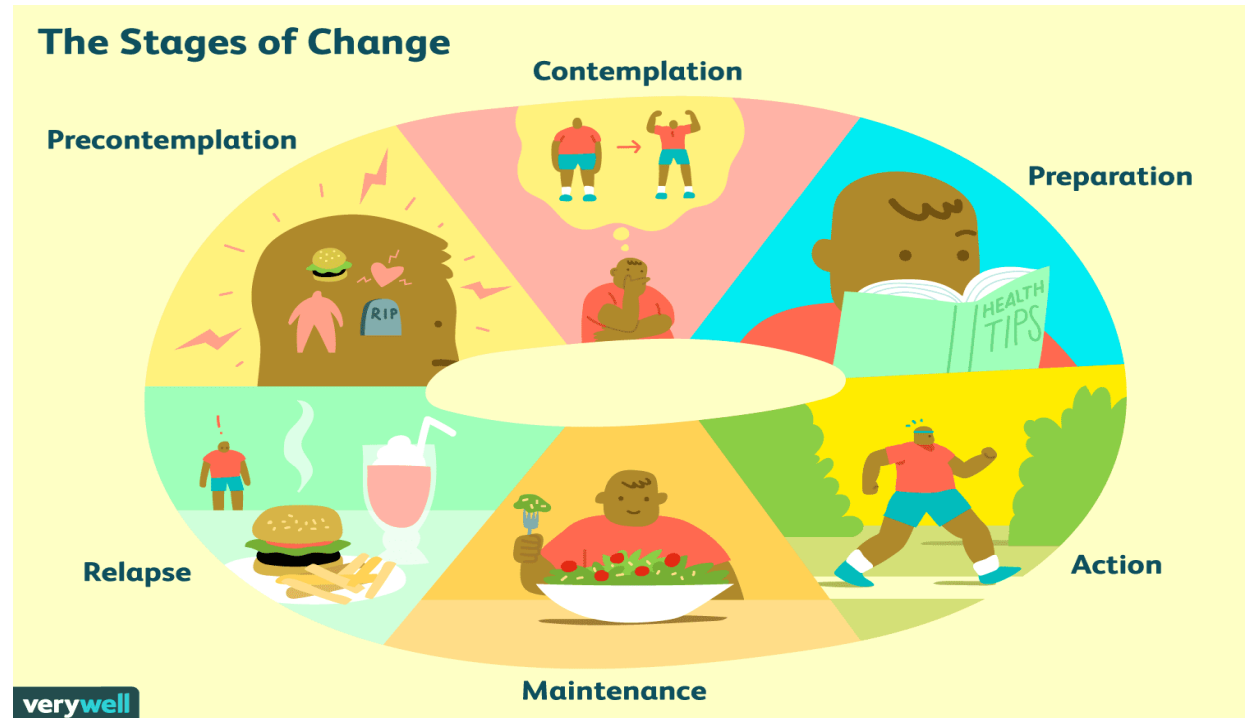


# How to Make Your Goals Smarter

- Avoid the “all or nothing” mentality
  - You don't have to give up something completely/cold turkey.
- Aim for moderation (80/20 rule)
  - Save desserts/alcohol for the weekends instead of cutting them out completely
  - Work out three days/wk for 30 min-1 hr instead of 7 days/wk (no one wants to do that forever)
- Understand that this is a behavior change you must continue for a lifetime in order to maintain the goal you want to reach!

# What Phase Am I In Regarding Behavior Change?

- Constantly ask yourself this and be honest.
- 6 stages
  - Precontemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance
  - Relapse



# 1. Precontemplation

## Common Characteristics

- Denial
- Ignorance of the problem

## Strategies

- Rethink your behavior
- Analyze yourself and your actions
- Assess risks of current behavior



## 2. Contemplation

### Characteristics

- Ambivalence
- Conflicted emotions

### Strategies

- Weigh pros and cons of behavior change
- Confirm readiness and ability to change
- Identify barriers to change



# 3. Preparation

## Characteristics

- Experimenting with small changes
- Collecting information about change

## Strategies

- Write down your goals
- Prepare a plan of action
- Make a list of motivating statements



# Keep a Journal/Record of Your Progress

- Try journaling 5-10 minutes each day or every other day.
- Those that journal tend to be more successful with achieving goals
  - Reflect on what is working and what isn't.
  - Write how you feel when you fail and how it feels when you are successful.
  - When we write things down, we better process how we can improve.
  - Revisit your previous entries once a week
  - \*\*\*\*Record food diary in My Fitness Pal
    - <https://www.myfitnesspal.com/>





# Surround Yourself with a Good Support System

- Try to get significant others and family members on board.
  - Even if they do not share the same goals, they can work to help and motivate you.
    - Take the kids shopping and have them help come up with healthy recipes
    - Get the family involved in food preparation and cleanup
    - Have meal prep night with friends
    - Find a gym buddy or consider a personal trainer



# 4. Action

## Characteristics

- Direct action toward a goal

## Strategies

- Reward your successes
- Seek out social support



# 5. Maintenance

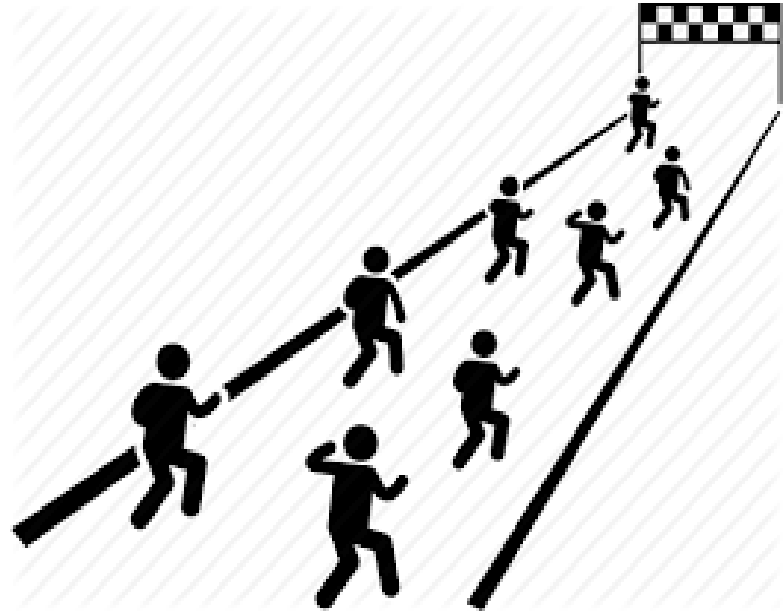
- The longest and hardest step! There is no finish line.

## Characteristics

- Maintenance of the new behavior
- Avoiding temptation

## Strategies

- Develop coping strategies for temptation
- Remember to reward yourself



# 6. Relapse

## Characteristics

- Disappointment
- Frustration
- Feelings of failure

## Strategies

- Identify triggers that lead to relapse
- Recognize barriers to success
- Reaffirm your goal and commitment to change



# Don't Sweat the Small Stuff!

- You WILL fail
  - Getting in shape is not easy, and it's not supposed to be.
  - Reward through hard work
  - Brush off when you feel discouraged and keep trying!
    - I am always here!



# Don't Be Afraid to Ask for Help!



- It is my job to help you.
  - My services are completely free to anyone in Warren County
  - Those outside of the county may visit me for one-on-one consultations for no charge (I just can't travel to them).
  - I want to check in with you every couple weeks to see how you are doing.
- Psychologists are uniquely trained to understand the connection between the mind and body.
  - They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

# Real Talk

- In order for us to lose 1 lb fat, we must burn 3,500 calories.
  - We do this by restricting our food intake by 500-1,000 calories/day and/or through exercise.
- A dietitian can help you determine the right amount of calories and nutrients you need to consume.
- Use Myfitnesspal to log meals.

