



### **SOME IDEAS FOR HEALTHY GOALS**

There are many different, basic steps that can be taken to live healthier lives. Here are some ideas for nutrition, activity, and wellness topics to consider when setting new healthy goals. Consider what areas need some improvement. Start with a small area of improvement and make changes gradually. When you're ready, add more positive steps toward healthier choices and better health.

- Eat at least 5 servings of fruits/vegetables per day
- Drink 3 cups of milk or high calcium foods each day
- Choose foods with 100% whole grains
- Start off the day with breakfast
- Limit high fat, high salt, high sugar, highly processed, convenience foods
- Drink 6-8 cups of water each day
- Get 30-60 minutes of physical activity each day
- Limit TV and computer game time to 2 hours a day
- Wash hands thoroughly for at least 20 seconds before touching or eating food
- Sit down and eat with the entire family at the kitchen table

### **HOW TO SET HEALTHY GOALS**

Too often, we set very broad goals or too many goals. After not being able to keep them up --- we give up --- thinking this is just too hard. Changing health habits can be challenging. Follow these simple guidelines for setting goals that you can stick with:

- Write down each idea
- Discuss and share your ideas with others
- Be very specific
- Keep it simple
- Start small; don't make big changes all at once
- Include a time frame
- Keep your goals in a visible place as a quick reminder

For example, here's a nutrition goal that's too broad: Eat more fruit. Instead, make your goal be more specific, such as: Have at least 2 servings of fresh fruit and/or 100% juice each day.

Healthy habits take time and patience to become part of a normal routine. Plan to work on your goals for several weeks. Don't expect to be perfect --- it's normal to have ups and downs. Keep it positive and have fun. Good luck!

**For more information, contact us:**

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