

Have a Happy and Healthy New Year!



Get A Life! wants you to have a happy and healthy new year. Now is a good time to set a health goal as part of your new year's resolution.

What are the characteristics of a good goal or resolution?

- **Sensible** – A realistic goal keeps you motivated.
- **Specific** – A specific and measurable goal lets you know when you reach it.
- **Small Steps** – A good goal is achieved through small, manageable steps.

What is your top health resolution for 2010?

Write down your goal. Make sure your goal is sensible and specific.

MY HEALTH GOAL: _____

List 3 steps to meeting your goal.

- 1.
- 2.
- 3.



WEIGHT LOSS One of the most popular New Year's resolutions is to lose weight. Here are some tips for smart weight loss:

- ✓ Know your starting point and weigh yourself regularly. Use an online tool to find your healthy weight.

My Current Weight _____ **My Healthy Weight** _____

- ✓ Set a smart weight goal for this month. For most people, losing 1-2 pounds per week is reasonable.

My 1-month Weight Loss Goal _____

- ✓ Keep a food and physical activity journal. Use a notebook, planner or website to track your calories. Remember, your weight is a balance of your calories in and out.

To lose 1 pound per week, you need to reduce your food intake by about 500 calories a day. A good way to start is to reduce the portions of the food you already eat and limit extra calories from added sugars and fats.



There are many good online resources for developing your weight loss plan including: SparkPeople (www.sparkpeople.com), Calorie King (www.calorieking.com), and My Pyramid (www.mypyramid.gov). Visit **Get a Life!** at www.kidsgetalife.org for healthy resources, ideas and tips.