Commit to your goal

Be realistic

Make your goals known to those close to you so they can hold you accountable

Give each goal a priority—this will help you from feeling overwhelmed by all the different goals you do have

If you have a big goal break it up into smaller goals to work towards the end result

Make THIS year YOUR year!

Read more than just social media & your textbooks

Get a group of friends together for weekly walks

Try new things out of your comfort zone with new friends

Vow to cook something new a certain time of each week

Think Outside of the Box....

Be SMART about your goals

**Specific:** What is your specific goal?

**Measureable:** How will you measure your goal progress?

**Attainable:** Are your goals achievable?

**Realistic:** Is your goal & timeframe realistic for the goal you’ve established?

**Timely:** What is your timeframe to accomplish your goal?

January Health Topics

- Cervical Cancer Awareness Month
- National Blood Donor Month
- Healthy Weight Week (3rd week of Jan)

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