

# It's Your Move.....



Are you healthy? Can you be healthier? Media stories say that many Americans are overweight and don't exercise. Does that apply to you?

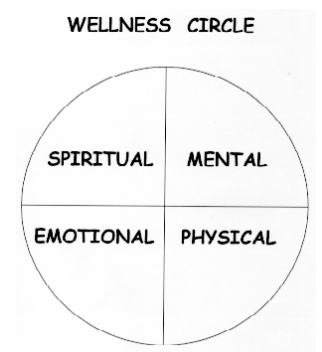
Changing to a wellness lifestyle takes time and effort. The best way to begin is to find out where you are now and where you want to go. Chances are you have many of the tools to make a change in your life. You may just need a positive nudge.

To begin, start with goal setting. A goal is something you want to achieve. There are short-term and long-term goals. You may discover new goals once you move toward a goal. Goals are exciting to set because they represent our potential.

## Let's go.....

### Where are you now?

To begin, what do you want to change? Your health is based upon the Wellness Circle\* that consists of at least four parts: Spiritual, Mental, Emotional, and Physical. No one part is more important than another.



**How do we determine where we are now?** Evaluate your Wellness Circle. Some ways to do this are:

- ◆ **Anthropometry** - (the measurement of weight, height, and circumference of the body). If you want to set a goal for having a trimmer, healthier body, taking these measurements will allow you to set some goals.
- ◆ **Physical Activity Record** - Write down your daily routine. How active are you?
- ◆ **Food assessment** - Evaluate your diet by writing down the foods you ate in the last 24 to 48 hours. Are you following the recommendations of the Food Guide Pyramid?
- ◆ **Inner Peace (Happiness)** - Ask yourself how happy do you feel? Do you have a positive outlook on life?

\*Adapted from "Healthy", Standing Rock Sioux Tribe".

**Setting a goal:**

Begin with where you want to be in five years.

Write a paragraph of what you would like your life to look like five years from now. List your life practices as you want them to be.

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Next, begin a plan for how you will get there. Set short-term goals.

Begin with one that is easy to achieve. Early success is important motivation for the journey.

**Set a goal for yourself:**

1. Pick what you want to change.

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2. Set up a timeline for how to get there.

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**Let's discuss the goal you wrote . . . . .**

- ✓ Is it a realistic goal?
- ✓ What do you currently do that will help you achieve your goal?
- ✓ What can you start doing to support achieving your goal?
- ✓ Is there anything that you are unwilling to stop doing?

Now plan how you will reinforce the desired behavior you want to achieve. Different things work for different people. Find what works best for you.

**Ways to reinforce a goal:**

- 1 Write things down daily
- 2 Find a partner to support you
- 3 Join a group
- 4 Plan to celebrate goal achievements

**When you get there, are you done?**

You work hard and achieve your goal early. Should you sit back and return to your previous habits? No.

**Once you achieve a goal, it is important to remember that you need to make your new behavior a habit!**



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