Every year on January 1st, millions of Americans vow that they will lose weight, exercise, and eat right throughout the new year. Many people become discouraged very quickly, and the resolve they felt at midnight begins to falter because they don’t take or know the necessary steps to reach their goal. It is imperative to make S.M.A.R.T. goals that are: Specific, Measurable, Attainable, Realistic, and Timely/Tangible. Most New Year’s resolutions are very general goals that do not exhibit all, if any, of these qualities.

Start this year off right by setting a very specific goal. Instead of, “I will get in shape”, try “I will join a health club and work out 5 days per week for 30 minutes.” Ask yourself the following six questions to help narrow down your goal:

- Who is involved?
- What do I want to accomplish?
- Where: Identify a location.
- When: Establish a time frame.
- Which: Identify requirements and constraints.
- Why: Specific reasons, purpose or benefits of accomplishing the goal.

Next, be sure your goal is measurable. You must establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track and experience the exhilaration of achievement that spurs you on. To determine if your goal is measurable, ask questions such as: How much? How many? How will I know when it is accomplished? If your goal is weight loss, determine to lose 2 pounds per week.

The next step in planning your goals is ensuring that they are attainable. This is especially important because when you identify goals that are important to you, you begin to figure out ways to make them come true. You begin to develop the attitudes, abilities, skills, and financial capacity to reach them. You can attain most any goal you set when you plan your steps wisely and establish a realistic time frame to carry out those steps. Attaining your goals builds your self image, so it is important to make daily goals within your larger goal. If your goal is to eat healthier, begin by setting a smaller goal of eating breakfast each morning.

Setting a realistic goal is possibly the key to reaching your goal. For a goal to be realistic it must be an objective that you are both willing and able to work toward. A goal can be both high and realistic; you are the only one who can decide how high your goal should be. You must be sure that your goal represents substantial progress. A high goal can be easier to reach because of the high exertion of motivational force. Some of the hardest tasks you will ever accomplish are simpler because you care about what you are doing. If you genuinely believe that a goal can be accomplished, then that goal is realistic.

Finally, a goal must be timely and tangible. A goal must be grounded within a time frame. “To lose 10 pounds”, just isn’t enough. When do you want to lose it by? You must specify a time frame so that you can set your unconscious mind into motion to start working towards your goal. A goal must also be tangible. A goal is tangible when you can experience it with one of the senses (touch, taste, smell, see, or hear). If your goal is to lose weight, you will be able to see and feel a difference in the way your clothes fit. If your goal is to get in shape, you will feel a difference in the way your body moves and works from when you first began working out. If your goal is to eat healthier, you will taste the freshness of the new foods you eat and you will feel great! This year will be different; make your resolution a reality!
The Wellness Center (WC) is currently taking appointments for health-fitness screenings. All full-time JSU faculty and staff and their dependents are eligible for any and all screenings offered at the WC at no charge (i.e., FREE). Some of the components of the health-fitness evaluations are intended to assess the participant’s risk of cardiovascular disease. Please set up your appointment today!

Wellness Center Services:
- Health-fitness evaluations
- Cholesterol testing/lipid profile assessment
- Stress tests
- Body Composition Assessments
- Muscular strength, endurance and flexibility assessments
- Physiological and chronological age comparison

Wellness Center Programs:
- Nutrition and Weight Loss
- Exercise Programs
- Smoking Cessation
- Stress Management

These programs are available for presentation to departments, classes, or individuals. If you are interested in any of the Wellness Center’s services or programs, please call JSU extension 5114.

Ask for Aubrey Ogle, Student Assistant or Gina Mabrey, Wellness Center Director.

For more information, visit us on the web! Click on Campus Wellness on the College of Education and Professional Studies homepage at: www.jsu.edu/depart/edprof/hper/wcenter