

## News from the Health Room

I know it may seem a little cliché, but New Years is the perfect time to set age-appropriate resolutions as a family for a healthier and happier year ahead. Unfortunately, many New Year's resolutions are abandoned before the month of January is over. How are your family's resolutions so far?

Here are some tips on creating and attaining any goal you set your mind to:

### Set SMART Goals

Instead of typical resolutions, try setting SMART goals, which are:

- **Specific:** List exactly what you want to achieve (instead of "running faster" think "run a 5k in under 30 minutes").
- **Measurable:** How will you keep track of your goal and determine whether you've been successful?
- **Achievable:** Your goals don't have to be easy, but they need to be possible. Do you have the means and ability to make your dream a reality?
- **Relevant:** Does this goal serve your greater focus and purpose in life?
- **Time-bound:** Give yourself a deadline. Aim to reach milestones by certain dates.



Wishing you a healthy and safe 2023! Nurse Smith