



Kick it up: Setting goals for physical and mental fitness

Everyone wants to live their best, most healthy life, but sometimes it's easier said than done.

Setting and reaching goals requires an awareness of yourself and your habits. Once you decide to address your health, you'll start a journey that begins with adjusting expectations based on what works for you. Develop a routine and find a balance between what you have to do and what you can do. Above all, believe in yourself.

Along this journey, you may stumble or face setbacks, but don't let up. Count your wins and be your own inspiration. You're gathering momentum to become your healthiest you. Recommit to reaching your health goals by finding your inner strength.

If you need to refine your goals for the year, set yourself up for success by making your physical and mental fitness goals **SMART**:¹



SPECIFIC



MEASURABLE



ACHIEVABLE



RELEVANT



TIME-BOUND



Specific

Make your goal as detailed as possible. Write a full description of what you want to achieve and what you're going to do to get there. The more specific your description, the better chance you'll have at reaching your goal. A loose, vague goal might sound like: I will lose weight. A specific goal sounds like:

I will lose 10 pounds by avoiding sugary drinks and snacks and jogging for 20 minutes three days a week.



Measurable

This means there is a way to monitor progress. It might be a number that changes up or down, depending on what success looks like. Or it might be a visible, physical change. Example: **I'll use my fitness tracker to record my activity each day. I'll look back at my tracking to see if I stuck to my goal.**



Achievable

Your goal should be a challenge but realistic for your current state of physical and mental health. Your goal should include steps to reach what you desire more easily. Example: **I will take time for myself by writing in my journal for five minutes at least three times each week.**



Relevant

Why is this goal important to you? Will achieving it help improve your health or well-being? Make sure your goal is worthwhile so you're more likely to stick with it. Example: **Improving my fitness will make me feel better about myself. It will positively affect my health and allow me to do more things I enjoy.**



Time-bound

Set a start date and deadline for your goal. If you need to adjust them, it's OK to be flexible. With a time frame, you can visualize the finish line for your goal. Example: **I'll do activities that help me lose one pound a week for 10 weeks. After 10 weeks, I'll look at my progress and see if I've met my goal.**

Don't let up on being your best, most healthy self. With some strategic planning and a step-by-step approach to motivation, you'll make it.

Learn how Teladoc Health can help support you on your wellness journey.
To sign up or learn more, go to TeladocHealth.com/Smile/HEALTHYCOUNTRY.

¹<https://www.nami.org/people/mental-health-resolutions-for-the-new-year/>

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite TeladocHealth.com/Hola/HEALTHYCOUNTRY

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