



News Release

Contact: Amy Blaser, Vice President

Phone: 402-562-3371

Email: [aebblaser@columbushosp.org](mailto:aebblaser@columbushosp.org)

Date: December 13, 2021

### Set S.M.A.R.T. goals for the new year

For Immediate Release

**(COLUMBUS, Neb.)** – The Platte County Lifestyle Coalition is a local organization dedicated to promoting healthy lifestyles. This month, the coalition is sharing tips for setting S.M.A.R.T. goals in the new year.

S.M.A.R.T. goals need to be:

**Specific.** This gives you something to shoot for! Having a goal such as “I want to improve my health” is far too vague. Ask yourself *how* you want to improve your health. Lose weight? Great! Set a target. Improve your blood cholesterol? Great! Set a number you’re shooting for.

**Measurable.** You will have a higher level of engagement with a goal you can clearly work toward. If your goal is to exercise 60 minutes per day, you know what to shoot for. You can gradually work toward that goal by starting with 20-30 minutes per day, and then increasing that as you build endurance and strength. Write these accomplishments down so you can see yourself getting closer to your goal.

**Achievable.** Don’t set your goal on a world record right away! You will position yourself for failure if you set your goal too high. If you progress far more quickly than you thought, you can always adjust your original goal.

**Relevant.** Make your goal something that is worthwhile and holds relevance for you. What is the reason you’d like to achieve your goal? How is it going to make you feel? Then set your goal accordingly. To do this, you need to understand the reasoning behind your goal.

**Timely.** Don’t set a goal with no end in sight. If you want to achieve something, set a date. When do you want to reach that goal of being at a certain weight? Set the date, and then work on steps to get there. There’s a certain sense of urgency when we have an end in sight. So set the date ... and go for it!



As part of its mission to promote healthy lifestyles, the PCLC is involved with several local health and wellness programs, including the Walk to Bethlehem, the Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more. To learn more about the PCLC or how people can become involved, contact Gene Vis at 402-562-4686 or [edvis@columbushosp.org](mailto:edvis@columbushosp.org).

###