

2022

# THIS YEAR, I WILL

Check your 2022 Program Goals(s) below.

I will complete my Annual LIVESMART Health Screening & Coaching and 1-2 Follow-up Coaching sessions in the Spring and/or Fall.

Choose at least 2 of the Signature Campaigns that you will complete in 2022.

  
**HOLIDAY TRIO**  
 DECEMBER 2021  
 (Completed)

  
**FEBRUARY**  
 Choose two to focus on for  
 Five Weeks: Eat, Drink,  
 Move, Sleep, Lose.

  
**JUNE**  
 Journey to build grit,  
 resilience and manage  
 stress well.

**WALK TOBER**  
  
 STRIDES TO BETTER HEALTH  
**OCTOBER**  
 Take steps to  
 better health.

## WRITE YOUR 2022 PERSONAL GOAL(S) BELOW.

Examples: Have more energy, Walk/run a 5K race, Improve my health, Take a family vacation.

Based on your goal above, select activities below that will help you achieve success.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Discover a new place | <input type="checkbox"/> Save money                  | <input type="checkbox"/> Manage stress         |
| <input type="checkbox"/> Eat better           | <input type="checkbox"/> Sleep better                | <input type="checkbox"/> Volunteer time        |
| <input type="checkbox"/> Drink more water     | <input type="checkbox"/> Spend more time with family | <input type="checkbox"/> Get a health check up |
| <input type="checkbox"/> Exercise more        | <input type="checkbox"/> Quit tobacco                | <input type="checkbox"/> Lose weight           |
| <input type="checkbox"/> Other: _____         |  |  |

Signature \_\_\_\_\_

Date \_\_\_\_\_

## DISCOVER A NEW PLACE

- Find a new museum or park
- Identify local festivals or parades in your area
- Take a family vacation to a new destination
- Visit a library to find more exciting places
- To find a park near you go to “[www.findyourpark.com](http://www.findyourpark.com)”

## EAT BETTER

- Eat more naturally sweet fresh fruits
- Add one cup of veggies to each meal
- Choose broiled or baked meats over breaded or fried meats
- Limit desserts to once a week
- Shop with a grocery list
- Eat three meals a day using smaller plates

## DRINK MORE WATER

- Drink 6 cups or more of water each day
- Purchase a water bottle and carry it with you
- Take your water EVERYWHERE you go
- Dilute sugary/sweetened beverages with water and ice

## EXERCISE MORE

- If just getting started, schedule 2 days a week for 20 minutes
- Schedule 5 days each week to move more
- Involve your family in your exercise routine
- Bring a pair of walking shoes to leave in your car
- Change your workout with the season

## GET A HEALTH CHECK UP

- Attend a LIVESMART health screening event
- Schedule your annual preventive exam with your doctor
- Schedule your dental hygiene appointment twice annually
- Schedule your eye exam every 2-3 years
- Early detection is essential. Get your preventive screenings.

## LOSE WEIGHT

- Avoid absent-minded eating, such as eating in front of the television, out of a bag, or at your desk
- Use a smaller plate at meals
- Avoid skipping meals
- Begin a food journal: request a LIVESMART food tracker
- Weigh yourself once a week to monitor progress

## SAVE MONEY

- Create a monthly budget
- Open a savings account and set aside a set amount each month
- Balance your checkbook
- Get healthy: healthier individuals spend less money on healthcare
- Participate in the SAVESMART Program

## SLEEP MORE

- Avoid using your phone or eating 2 hours before bedtime
- Try to sleep and wake up at consistent times each day
- Limit caffeine throughout the day and avoid it after 3:00 pm
- Reduce noise, lights, and temperature (at or below 70°)
- Take a relaxing bath/shower and read a book before bedtime

## SPEND MORE TIME WITH FAMILY

- Visit a new park or hiking trail
- Find a new sport to learn with your children
- Carve out two hours every weekend to spend with your family
- Include your children in cooking a healthy dinner weekly

## QUIT TOBACCO

- Find a buddy who is interested in quitting tobacco
- Join the LIVESMART Tobacco Free Program
- Replace a tobacco break with walking
- Keep alternatives to tobacco available (gum, mints)
- For tips on quitting visit: [www.smokefree.gov](http://www.smokefree.gov)

## MANAGE STRESS

- Put aside 15 minutes each day to reflect on your day/feelings
- Begin a daily journal
- Include time in your day for fun and relaxation
- Get enough sleep and limit caffeine
- Practice deep breathing

## VOLUNTEER TIME

- Get involved by serving local communities or your state
- Check with your company about volunteer opportunities
- Identify volunteer activities at [www.volunteermatch.org](http://www.volunteermatch.org)
- Learn a new language: try [www.duolingo.com](http://www.duolingo.com) for free