

Ready, Set, GOAL

SET SHORT-TERM & LONG-TERM FITNESS GOALS

If you haven't exercised for years, the odds that you will run a marathon soon are against you. Not that you can't do it, if you start training now. However, a better motivator might be to set short-term goals that allow you to build up strength and endurance to get what you ultimately want.

READY

Just saying you want to exercise more isn't enough. Be specific about how much exercise you want to do, how much time you plan to spend on it, and how you will measure your results.

SET

Set a specific long-term goal. For example, "Within six months, I want to compete in a 15-mile walk," or "In three months, I will be able to walk for 60 minutes a day, six times a week."

Next, set the short-term goals that will get you there. For example, walk 15 minutes a day, three times a week, for two weeks. Then increase your walking times and the number of days you walk until you reach your goal.

GOAL

Before you know it, you'll feel proud that you reached your short-term goal. And you'll feel better and have more energy!

USE SMART TIPS FOR SETTING GOALS

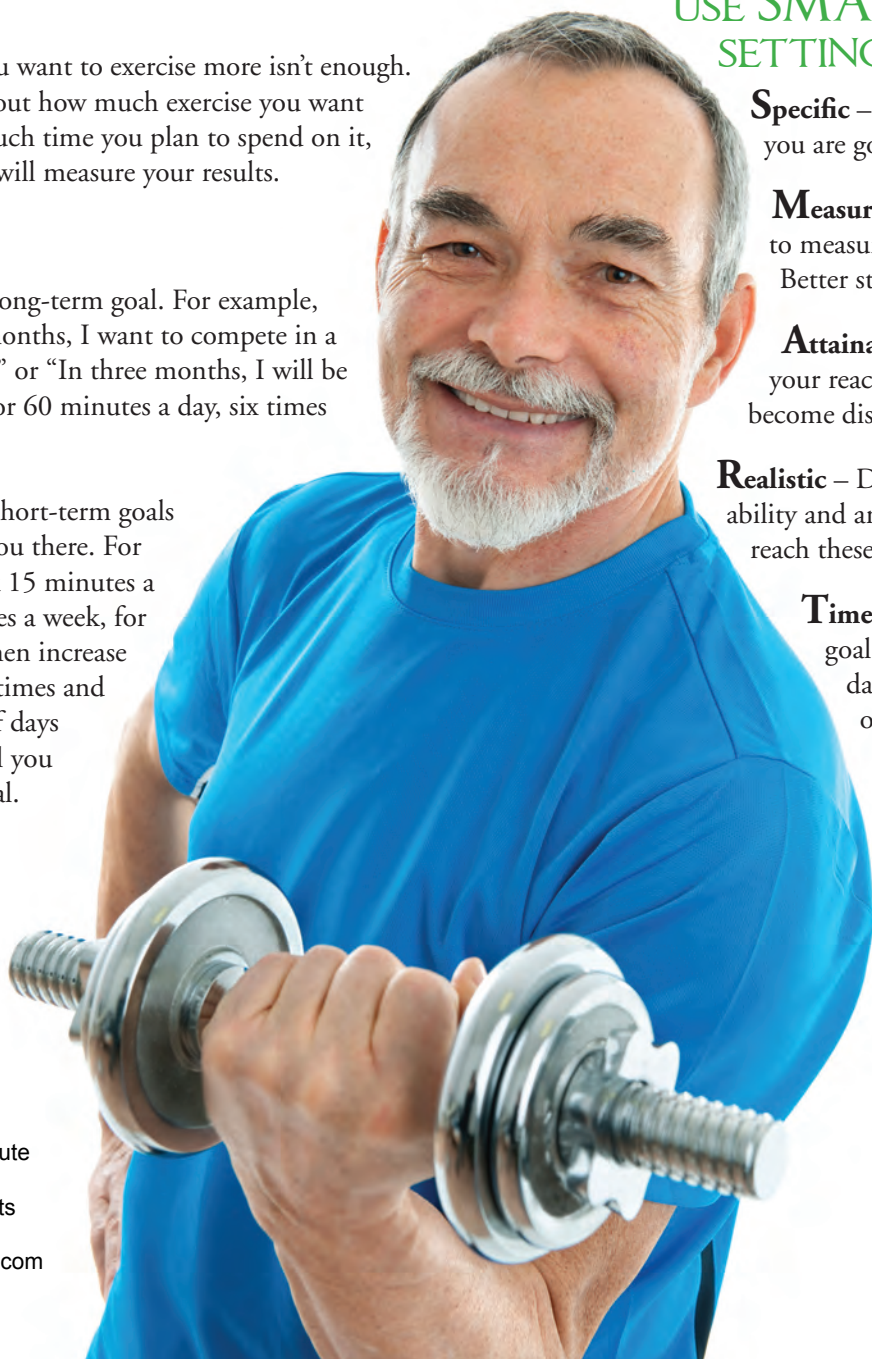
Specific – Know what, why, and how you are going to accomplish your goals.

Measurable – What tools will you use to measure your successes? Inches lost? Better stamina?

Attainable – Choose goals within your reach. Setting sights too high can become discouraging.

Realistic – Do you have the skills, the ability and an OK from your doctor to reach these goals?

Timely – Set a timeframe for each goal. Some you can achieve in two days. Others will take two weeks or two months.



Action Step

As you meet your short-term goals, reward yourself with anything that promotes your progress, such as a new pair of shoes.