

# *Setting – and Keeping –* **Health Goals**

## **The new year is a time to set goals that align with our priorities.**

### **1 Connect with yourself.**

To set goals you can achieve, they should line up with what is most important to you.

### **2 Stick with your goals.**

Most new year resolutions are distant memories by February. Here are a few tips to help you stick with it:

- Start small and break your goals into manageable chunks
- Anticipate obstacles
- Celebrate your successes

### **3 Set your intentions.**

Choose three **SMART** health goals for the new year.

Make sure your goals are:



**Specific**  
detailed and well-defined



**Measurable**  
to know how you are doing



**Attainable**  
and achievable based on your life, access to resources and skills



**Relevant**  
and important to you and what you want from life



**Time-Bound**  
to set a reasonable deadline to reach your goals

# Fitness and Health Goals

JANUARY 2024

## Did you know?

The average American adult gains 8 pounds between Thanksgiving and New Year's Day.



## Reset your wellness goals

- 1 Make a plan to start – or keep up with – an exercise routine.**  
Aim for at least 30 minutes of exercise each day and find activities you enjoy.
- 2 Find ways to get outside in nature.**  
Fresh air can boost your mood and help you feel more focused and better able to manage stress.
- 3 Pick up a new hobby that gets your body moving.**  
Try something you haven't done before like pickleball, cycling, barre, yoga, etc.
- 4 Hold yourself accountable.**  
Set realistic goals and keep a log of what you've done each day to be active. Post it where you can see it to stay motivated.
- 5 Add more steps to your day.**  
Simply walking more is one of the best ways to sneak in more exercise and improve your health.

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## Workplace On-Site Clinic

Fast, low-cost care for things like:

- Colds, flu, allergies, sinus infections, and urinary tract infections
- Minor injuries or rashes
- Management of ongoing (chronic) health conditions (e.g., diabetes/high blood pressure)
- Preventive care or vaccines
- Routine tests



## Urgent Care

Sudden, non-life threatening, sickness or injury

\*when your on-site clinic is closed

- Most Atrium Health urgent care locations are open every day
- Urgent care **video visits** are also a good option for minor sicknesses after hours or when you don't want to leave your home or office



If your on-site clinic is closed, check with your primary care provider for a same-day appointment. If it's not available, urgent care is your next best option.



## Emergency Department

Serious illnesses or injuries that are life-threatening

For example, if you have:

- Chest pain or possible heart attack or stroke
- Head or neck injury
- Trouble breathing due to allergic reaction or asthma attack
- Blacking out or passing out
- Uncontrolled bleeding