



# ActiveYou

The ActiveHealth® Management newsletter  
that helps you live healthy and well

January 2018

## Five words that will help you reach your 2018 goals

Did you know that 9 out of 10 people are not successful with the goals they set? This is especially true of popular, health-related goals like losing weight or getting active. But don't worry. If you remember to make **SMART goals**, you'll be much more likely to set goals you can reach.

1. **Specific.** Be as specific as possible with the changes you want to make. For example, setting a goal to "walk for 10 more minutes each day" is specific.
2. **Measurable.** You should be able to count or measure your goal. For example, you can measure the number of servings of fruits and vegetables you eat daily.
3. **Achievable.** Don't set a goal that's too hard to reach. If you're trying to lose weight, a good goal might be to lose 1 to 2 pounds per week.
4. **Relevant.** You're more likely to reach goals that mean something important to you. So think about your personal values.
5. **Time-specific.** Goals should have a start and end date so you know how much time you have to achieve your goal. For example, "exercise 20 minutes each day from March 1 until May 31."

### Tips for getting the water you need

It can be easy to forget about drinking water during the winter. Without the summer heat as a reminder to drink, you might not get as much water as your body needs. Here are two tips that can help:

1. Carry a water bottle with you so you always have water within easy reach
2. Eat plenty of fruits and veggies—many of these have high water content



### Upcoming events

#### Wellness Webinar Series

##### **Total Health, It's all Good**

January 9, 2018  
9am, 11:30am or 3:30pm CT

<http://go.activehealth.com/wellness-webinars2.html>



## What's your resolution?

Almost half of adults in the United States make New Year's resolutions. Have you made one for 2018?



Sometimes it helps to think about what you can do to improve your health. Try writing down your goal and asking for support from friends and family so you can start 2018 on a healthy note.



## Coach's corner

Meet Christy, an Onsite Health Coach for ActiveHealth®. She's a Registered Dietitian and Certified Health and Wellness Coach. As a coach, she engages and listens with curiosity. There's no right or wrong way to achieve a goal, but *your way*. Her favorite snack is a handful of pecans.

### Christy's tips for starting the New Year right!



- Add movement to your day—it feels better when you stand up and stretch after a long meeting or car ride
- Enjoy a good mix of colorful fruits and vegetables—these will help you to get all the different vitamins and minerals you need
- The day can get away from you, so take time for yourself to decrease stress—read a book, visit a park or beach, or have a massage

The screenshot shows the ActiveHealth Management website's "Recipes" section. At the top, there are links for Home, Digital Coach, Actions, Records, Library, Messages, REWARDS \$XXXXXX, LEVEL, and a user icon. Below the header, a message from the National Heart, Lung, and Blood Institute is displayed. The main content area shows a grid of six recipe categories: Main Dishes, Side and Snacks, Delicious Salads, Comfort Foods, Low Sodium, and Gluten Free. Each category has a small thumbnail image and a link to the recipes.

## Check out MyActiveHealth

MyActiveHealth is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit [myactivehealth.com/Mississippi](http://myactivehealth.com/Mississippi) today!



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