

### Week 1 Challenge: Set Goals

Everyone who's been successful started the road to success with a goal. Goals give you direction and help you focus. Setting goals for improving your health and managing your health condition are important for you now *and* for your future. Unless you take care of your body today, you will have health problems as you get older. Setting goals (and writing them down) will provide clarity, structure, increased self-confidence, focus, and results.

That's why your week 1's Challenge is to set goals! You will set long and short-term goals. Even little changes can make a difference. It's your time now, so start small and work towards the long-term. A small goal may be removing a high-fat snack out of the house each week, or taking a walk every day. A long-term goal may be participating in a diabetes run, or quitting smoking. Regardless of your goals, make them YOUR goals! Once you start seeing positive changes, you will be motivated to accomplish even more! Remember, every person who did this Challenge said they felt better. Aren't you ready to feel better too?!

We have the tools to help you get started. First, read about "How to Set Goals." Then use the worksheet in your Challenge workbook (page 6) to set your personal goals and develop a plan for accomplishing them. Don't forget to fill in your Challenge Tracker in your workbook to keep track of your progress.

#### Use These Resources to Complete Your Action Items:

- *How to Set Goals*
- *Understanding the three B's*
- *Goal Setting Worksheet (page 6 in workbook)*

#### Your Action Items This Week:

- Complete the Goal Setting Worksheet (page 6 in workbook).
- Pick your most important goal. Write down the goal and why it is important to you on several small cards. Post the cards where you will see them throughout the day, such as on your mirror, in your car, at your computer, or on your refrigerator.

- ❑ Look at your Goal Setting Worksheet every day. Remind yourself what you are trying to accomplish and why. Read your plans to overcome barriers so you are prepared when facing a challenge.
- ❑ Record your BMI, weight, waist circumference and blood pressure on your tracker.
- ❑ As you begin each day, take a few minutes to close your eyes and imagine yourself meeting your goal. Think about how you will feel when you accomplish your goal.

**In your workbook, use the Week 1 Challenge Tracker to track your progress.**

*Step up to the Challenge and say, "I Can!"*

# How to Set Goals

When developing your goals, make sure they're SMART goals!

## **S – Specific**

Specific is the how, why and what. Get to the point with your goal and explain what you want to happen. Specific goals help you focus on what you want to accomplish.

## **M – Measurable**

Choose a goal that you can measure, so you can see the progress you're making. For example, instead of being a good violinist, I'm going to play the violin 3 times a week until Christmas.

## **A – Attainable**

Make sure the goals are within your reach, so you stay committed. For example, if you want to lose 20 pounds, set a goal to lose one pound each week.

## **R – Realistic**

Make sure your goal is realistic for you. If you love sweets, don't make a goal that you'll never eat sweets again. Instead, make a goal that you will only have a 100 Calorie Pack sweet treat two times a week.

## **T – Timely**

Put a time limit on your goal. By giving yourself a deadline, it gives you a clear target to work towards.

As you read on to determine your goals, remember to stay SMART.

### **1. What are your long-term goals?**

Long-term goals are often your most meaningful and important goals. To set long-term goals, start by thinking about what you want to accomplish in 6 months, one year, two years and even 5 years. Think about how you want to feel. What kinds of physical activities would you like to be able to do? What medications would you like to stop taking, or what kinds of food would you like to have in your diet? For example, maybe you'd like to run a marathon, lose 20 pounds, control your diabetes or reduce your cholesterol level so you don't have to take medication.



### **2. What are your short-term goals?**

Short-term goals are often steps that help you reach your long-term goals. They are things that you can accomplish in the next 12 weeks. Things like doing a physical

activity 3 to 4 times a week or removing high-fat snacks from your diet. Think about short-term goals that can build up to help you complete your long-term goals. Be honest with yourself and think about how much time you will need to reach your goals.

### **3. Which goals are most important to you?**

The next step is to list your goals from most important to least important. For example, if you want to lower your cholesterol, your first step is to cut fatty foods out of your diet. If you want to jog 2 miles, you may need to start by walking for 5 minutes several times a week. Decide what is most important and the order in which you want to accomplish them.



### **4. Why are your goals important?**

Think about why your goals are important to you and what will keep you going so you can reach them. To succeed, you need more reasons to change than reasons not to change. Maybe you want to set a good example for your children, or be able to keep up with your grandchildren. Maybe you want to be healthy enough to travel when you retire. Maybe you want to take part in an activity you are no longer able to enjoy because of your health issues. Whatever your reasons, write them down to help motivate you as you go through these 12 weeks.

### **5. What are your barriers and how can you deal with them?**

Everyone has barriers that make achieving goals and sticking to healthy routines difficult. Often lack of time, physical injuries and conflicting schedules are excuses for not making the right choices. If you know the things that may get in the way of you reaching your goals, you can develop a plan to deal with them. Make your goals a priority and have a plan.

If you have three kids with three different schedules, block out time to cook several healthy meals that can be reheated throughout the week. If you currently have an injury, find out what exercises you can do while you recover. If you are headed to a big family picnic with lots of great food, don't arrive hungry and make sure to select the healthiest foods. Then you can reward yourself with one special treat. If you're going on vacation, try to schedule some active time and make sure you watch your

portions when eating out. Whatever your barriers, recognize them ahead of time and have a plan to deal with them.

## **6. Who can help you achieve your goals?**

Having people who encourage you or even join with you to make healthy lifestyle changes can make a big difference in your success. Think about the people in your life who can support you. Ask family, friends and co-workers to take the Challenge with you so you can be accountable to each other and support each other. Share your progress and trade tips that are helping you achieve your goals.



# Understanding the three B's

As you begin week 1, you'll not only be asked to write down your goals, but also to record your blood pressure, weight, waist circumference and body mass index on your tracker. You'll earn points for doing this, so be sure to read below, and learn how!

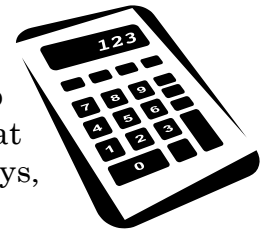
## 1. Body Mass Index

### What is it??

Body Mass Index, also known as BMI, is used as a screening tool to identify weight problems for adults. It's important to know your BMI because if you're overweight or obese, you are at an increased risk for many diseases, including diabetes and heart disease, and serious health conditions.

### How do you calculate BMI?

You calculate your BMI by using your height and weight. If the number is too low, you're considered underweight, and if it's too high, you're considered overweight or obese. To get an idea of what your BMI is, view the BMI Table at the end of this section. As always, discuss this with your doctor, and be sure to ask any questions.



### BMI Values

Underweight	Less than 18.5
Normal	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 to 39.9
Morbidly Obese	Greater than 40

## 2. Belly Fat

### Why should I lose my belly fat?

Carrying extra weight, especially belly fat (fat at your waist and inside your abdomen), can give you health problems such as high cholesterol, diabetes, sleep apnea, high blood pressure and some cancers.

Our bodies naturally store fat for an extra energy supply if we haven't eaten enough food. But when your weight goes up, you are storing too much fat. This puts you at risk for health problems. When you lose fat, you reduce the number of fat cells and improve the way your body works. This may prevent developing new health problems and may improve existing ones.

### **Do I have too much belly fat?**

Your waist size is the most practical tool to determine if you have too much belly fat. If you are a man, a waist size of greater than 40 inches increases your risk for health problems. If you are a woman, a waist size of greater than 35 inches increases your risk for health problems.

### **How do I measure my waist size?**

Measuring and keeping track of your waist size is easy to do at home. To measure your waist follow the steps below, and record it in your weekly tracker:

- Place a tape measure around your bare stomach just above your belly button.
- The tape measure should be snug, but not so tight that it pushes into the skin and causes a roll around the tape measure.
- Make sure the tape measure is level all the way around your body – it shouldn't dip down in front or back.
- Relax, naturally breathe out – no sucking in your tummy! – and read the point where the tape measure meets itself.



### **Oh no, I have too much belly fat!**

Regular exercise is needed to lose weight and that includes losing your belly fat. Initially, you may need 30-60 minutes of moderate aerobic exercise every day. Types of aerobic exercise include bicycling, swimming, brisk walking or vigorous yard work. This type of activity gets your heart pumping and is the best kind of exercise to burn fat. You'll read more about increasing your activity in week 4.

### **Can't I just do sit ups?**

Sit ups will make your stomach muscles stronger, but that will only make it easier to hold in your belly fat. You may look thinner, but your belly fat will still be there and the excess fat is the health problem. There are no exercises that are best to reduce belly fat, but most people do lose belly fat once they start exercising, before they lose fat in other places.

### **Can what I eat help me lose belly fat?**

If you want to lose belly fat, you need to increase your physical activity and change the way you eat. Losing weight also means losing your belly fat. It's tough to get enough exercise to lose your belly fat without changing your diet. Plus, changing the way you eat will not only help you lose your belly fat, but will also make sure it does not come back! To lose weight, you have to eat less calories than your body needs. You need to avoid high fat and high sugar foods, and eat smaller amounts or portions.

For more information, contact: York Hospital Outpatient Nutrition Services- 717-851-2942 or Gettysburg Hospital Nutrition Services- 717- 337- 4107

### 3. Blood Pressure

#### What is it?

Blood pressure is the force created as the blood flows through your body. It is made up of two parts. The first or the top number is the pressure when the heart is beating (systolic). The second or bottom number is the pressure when the heart is resting between beats (diastolic). ***An ideal blood pressure is less than 130/80.***

#### Why Should I Care if I Have High Blood Pressure?

High blood pressure can hurt your body in many ways without you knowing it. It makes your heart work harder. This can cause the heart to become larger and, if it becomes too large, it cannot work well enough to meet your body's needs.

People with high blood pressure are:

- ♥ Three times more likely to get coronary artery disease.
- ♥ Six times more likely to get congestive heart failure.
- ♥ Seven times more likely to have a stroke.

#### Am I at Risk for High Blood Pressure?

Here are the risk factors you can't control:

- ♥ Age - the older you get the more likely you are to have high blood pressure.
- ♥ Race - African Americans develop high blood pressure more often than whites, and it tends to occur earlier and be more severe.
- ♥ Heredity - it seems to run in families. If your parents or close blood relatives have it, then you are more likely to develop it.



#### These are the risk factors you can change:

- ♥ Being overweight- people who are overweight are more likely to develop high blood pressure.
- ♥ Eating too much salt - using or cooking with a large amount of salt can increase blood pressure.
- ♥ Abusing alcohol - heavy regular use of alcohol can dramatically increase blood pressure.
- ♥ Lack of physical activity- lack of regular physical activity can lead to weight gain and a chance of high blood pressure.

### **How Do I Know I Have High Blood Pressure?**

You may have high blood pressure and not have any symptoms. Extremely high blood pressure may cause headaches, getting tired easily, dizziness, nosebleeds, chest pain and shortness of breath. You need to have your blood pressure checked on a regular basis by your healthcare team.

When completing your Tracker, use the blood pressure reading from your last doctor visit.

### **What Can I Do to Lower My Blood Pressure?**

- Lose weight if you are overweight.
- Cut down on the amount of salt you eat.
- Take part in routine physical activity.
- Avoid drinking large amounts of alcohol.
- Take the medicines your healthcare provider has prescribed.

**REMEMBER:** The I Can! Challenge will help guide you through the necessary steps to help you control your portion size, increase your activity and more! Soon, you'll be finding ways to say goodbye to belly fat, and goodbye high blood pressure!

		Body Mass Index Table																																			
		Normal				Overweight				Obese				Extreme Obesity																							
BMI	Height (inches)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
		Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258	
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267	
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276	
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285	
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295	
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304	
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314	
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324	
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334	
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344	
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354	
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365	
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376	
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386	
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74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420	
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443	

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.