



January 2020

QuickTakes

Have a SMARTer New Year

If you want your New Year's resolutions to last beyond January, make them SMART goals instead!

This goal-setting formula is ensures they're Specific, Measurable, Attainable, Realistic and Timely (SMART). When you use this formula, you break down your large, lofty aspirations into bite-sized, achievable pieces.

An example of this is learning to meditate. Instead of saying "I'm going to learn to meditate," a SMART version would be, "I will meditate for 10 minutes, two days a week before work." Simple! Once you gain momentum with your goals, you can either increase the difficulty or the intensity.

Read on in this newsletter to learn how to use SMART goals to set resolutions that stick!



How to Set SMART Goals

It might not surprise you to learn that 80 percent of New Year's resolutions are abandoned long before the spring daisies come up. This year, instead of ambiguous "resolutions," consider SMART goals instead — especially if your resolutions are related to your health. These bite-sized, easily achievable goals are sure to keep you motivated all the way through spring, summer, and fall.

Breaking down your goals into more digestible SMART goals can be the difference between aspirations and realizations. SMART goals are Specific, Measurable, Attainable, Realistic and Timely. Adopting behaviors in this manner, as opposed to lofty or unrealistic goals, helps to create lasting lifestyle changes.

Think about the goals you have for your health and the positive results you hope to achieve in 2020. Integrate some of the suggested SMART goals below that can help you reach those results. It's sort of like reverse engineering your success.

Check it out:

1. Every day, write down three things you are grateful for and one thing that you'll do for someone else.
2. Aim to go to bed at a time that allows you to sleep for eight hours, five days per week.
3. Designate three evenings each week to be screen-free time.
4. Walk for 15 minutes of your lunch break five days each week.
5. Add an extra serving of fruits or vegetables every day.
6. Every morning before work, stand in front of a mirror and give yourself a compliment.
7. Avoid added sugars in foods two days each week.
8. Select five days each week to perform at least 30 minutes of exercise.

9. Strive to eat two servings of dark leafy green vegetables such as spinach, broccoli, kale, romaine, etc., three days each week.
10. Make one healthy or vegetarian recipe for dinner every week.
11. Aim to get 10,000 steps five days each week.
12. Pack a healthy lunch for work three days each week.
13. Meditate for 10 minutes before work two days a week.
14. Dedicate five minutes every day for a stress-relieving activity such as a brisk walk, quick meditation, or deep breathing exercises.
15. Include three days of resistance or strength-building exercises each week.
16. Use a fitness device or app to track your workouts daily.
17. Replace two servings of refined grains with whole grains such as brown rice, quinoa, whole grain bread, oatmeal, etc., three days each week.
18. Drink a glass of water before each meal, three days a week.
19. Choose two days a week to spend one hour doing something you love such as reading, journaling, or any other hobby or activity you do for personal enjoyment.
20. Dedicate one night each week to spend quality time with your family or a friend (animal or human!).

Create your own SMART goals! When setting wellness goals, creating specific objectives to reach over a designated period of time is the best method to achieve lasting lifestyle changes.

We wish you a happy and healthy 2020. Make it your best year yet!

Source:

Most People Fail to Achieve Their New Year's Resolution. Retrieved 12/24/19
<https://www.inc.com/marla-tabaka/why-set-yourself-up-for-failure-ditch-new-years-resolution-do-this-instead.html>

Beefless Vegan Tacos Serves 4

Take taco night in a new direction with these healthy vegan tacos. We've swapped crumbled tofu for the ground beef, without sacrificing any of the savory seasonings you expect in a taco. You can also use the filling in burritos, bowls, taco salads and to top nachos.

INGREDIENTS

1 (16 oz) package extra-firm tofu, drained, crumbled and patted dry
 2 tablespoons reduced-sodium tamari or soy sauce
 1 teaspoon chili powder
 ½ teaspoon garlic powder
 ½ teaspoon onion powder
 1 tablespoon extra-virgin olive oil
 1 ripe avocado
 1 tablespoon vegan mayonnaise
 1 teaspoon lime juice
 Pinch of Salt
 ½ cup fresh salsa or pico de gallo
 2 cups shredded iceberg lettuce
 8 corn or flour tortillas, warmed
 Pickled radishes for garnish

DIRECTIONS

1. Combine tofu, tamari (or soy sauce), chili powder, garlic powder and onion powder in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook, stirring occasionally, until nicely browned, 8 to 10 minutes.
2. Meanwhile, mash avocado, mayonnaise, lime juice and salt in a small bowl until smooth.
3. Serve the taco "meat" with the avocado crema, salsa (or pico de gallo) and lettuce in tortillas. Serve topped with pickled radishes, if desired.



NUTRITIONAL INFORMATION

360 calories
 20.9 g total fat
 3.1 g saturated fat
 610 mg sodium
 553 mg potassium
 32.6 g carbohydrates
 7.9 g fiber
 4 g sugar
 16.6 g protein
 8 mg vitamin c
 64 mg folate
 375 mg calcium
 4 mg iron
 93 mg magnesium