

SMART Goal Setting Workshop

*Interactive Session
Free for All Patients*

**January 11, 2020
10:30 - 11:30 a.m.**

**Acton Medical
Main Conference Room, Floor 3**

HOSTED BY

Liz Berman

Registered Dietitian Nutritionist

&

Brooke Markt

Licensed Clinical Social Worker

Please RSVP or email with event questions to: patientrelations@actonmedical.com

SMART Goal Workshop

“Many people start the year with great aspirations for change, only to become distracted by the demands of daily life before January is even over. To avoid the same trap this year, we’re excited to share these SMART Goal Setting tips and ideas to help our patients set and achieve meaningful and reachable goals.”



-Liz Berman
Registered Dietitian
Nutritionist
Acton Medical Associates

Five Ways to Improve Health in the New Year

- ✓ Increase exercise
- ✓ Reduce added sugar
- ✓ Eat more whole, nutrient-dense foods
- ✓ Make time for emotional wellness
- ✓ Prioritize sleep

Setting SMART Goals

Clear goal setting can help individuals stay motivated and gain a clear picture of desired achievements. They improve self-confidence, develop a stronger feeling of independence, and put the focus on what’s most important.

SMART Goals Are

- Specific
- Measurable
- Attainable
- Relevant and Realistic
- Time-bound

Unclear Goal Examples

- Eat healthier
- Exercise more
- Get better at soccer

SMART Goal Examples

- Eat two different colors of vegetables every day this week
- Meditate three times a week
- Remove juices with high fructose corn syrup from diet

Exercise

..... EXERCISE HAS SO MANY BENEFITS TO OFFER. RESEARCH SUGGESTS THAT EXERCISE CAN **REDUCE YOUR RISK OF A HEART ATTACK** OR STROKE, IMPROVE BLOOD SUGAR CONTROL AND PREVENT DIABETES, IMPROVE SLEEP, REDUCE STRESS, BOOST YOUR MOOD, AND PREVENT OSTEOPOROSIS.¹

EXERCISE GOALS

- 60 minutes a day for children
- 150 minutes of moderate activity a week, approximately 30 minutes a day, for adults

CURRENT ACTIVITY LEVEL

TRY

Very little activity

Not very active at work or at home.

- Walking at a moderate pace (you should be able to talk but not sing) for 10 minutes or more during the day. Exercise should be at least 10 minutes long to have heart health benefits.
- Adding more activity into your daily habits (taking the stairs rather than the elevator, parking farther away from the entrance at work, etc.)

Light activity

Some activity such as a short walk with the dog, on your feet some of the day at work.

- Increasing the time you spend walking, biking, etc. (you can do this all at once or break it up into a few 10-15 minute sessions during the day)
- Adding in weight training if you do not already use weights
- Scheduling a personal training session to learn new exercises
- Testing out a group fitness class or local biking/running group in your area

Moderate activity

Exercising 1-2 days a week or more.

- Changing up your exercise routine (if you usually do cardio try a shorter cardio session and add in weight training, or add in a few days of longer cardio workouts if you usually focus on weight training)
- Adding in a few extra workouts per week (these could include a walk, hike, or bike ride as well as extra sessions at the gym)

¹ <https://medlineplus.gov/benefits/exercise.html>

Reduce Added Sugar

To identify foods that have added sugars, read the ingredients list for names of added sugars. Food manufacturers usually include several different forms of sugar in their foods so that they can list each sugar farther down on the ingredients list. Ingredients are always listed by weight.

- i. Agave
- ii. Beet sugar
- iii. Cane juice, cane syrup, cane juice solids, evaporated cane syrup, cane sugar, evaporated cane juice, dehydrated cane juice
- iv. Carob syrup
- v. Coconut sugar
- vi. Corn syrup or corn syrup solids
- vii. Date sugar
- viii. Dextran
- ix. Dextrose
- x. Fructose
- xi. Glucose
- xii. Golden sugar or golden syrup
- xiii. Granulated sugar
- xiv. High-fructose corn syrup (HFCS)
- xv. Honey
- xvi. Invert sugar
- xvii. Lactose
- xviii. Maple syrup or maple sugar
- xix. Maltose
- xx. Malt sugar or malt syrup
- xxi. Molasses
- xxii. Raw sugar
- xxiii. Sucrose
- xxiv. Sugar (white, brown, yellow, etc.)
- xxv. Treacle
- xxvi. Turbinado sugar

EATING AND DRINKING TOO MUCH SUGAR CAN INCREASE YOUR **RISK OF WEIGHT GAIN, HEART DISEASE, AND TYPE 2 DIABETES.**² MOST AMERICANS TAKE IN AT LEAST 250 CALORIES OF ADDED SUGAR PER DAY. WE CALL CALORIES FROM SUGAR “EMPTY CALORIES” BECAUSE THEY DO NOT GIVE YOUR BODY ANY BENEFICIAL VITAMINS, MINERALS, OR ANTIOXIDANTS.

AGE	MAXIMUM SUGAR INTAKE
Children	6 teaspoons (24 grams)
Adult Women	6 teaspoons (24 grams)
Adult Men	9 teaspoons (36 grams)

American Heart Association Added Sugar recommendations

² Yang Q, Zhang Z, Gregg EW, Flanders WD, Merritt R, Hu FB. Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults. JAMA Intern Med. 2014;174(4):516–524. doi:10.1001/jamainternmed.2013.13563

Nutrition Facts panels can be used to see how much added sugar is in a food or drink.



Look at the grams of sugar and divide it by 4 to figure out how many teaspoons of added sugar are in one serving of the food.

REDUCE SUGAR GOALS

Pumpkin Cranberry Applesauce

This recipe ends up being around 85 calories per serving and is a great source of fiber, vitamin A, and vitamin C.

Delicious warm or cold, it makes a great dessert without any added sugar!

Prep Time 10-15 minutes
Cook Time 30 minutes
Serves 8

- 8 medium apples (we suggest Macintosh or Cortland)
- 1 cup cubed pumpkin or butternut squash, or canned pumpkin puree
- 1 cup fresh or frozen cranberries
- cinnamon, cloves, ginger, and/or apple pie spice to taste



Here's a great option with no added sugar that any sweet tooth will love.

- CORE** and cut the apples into small cubes or slices and put into a saucepan on the stove.
- CUT** pumpkin in half and remove seeds. Tip: Microwave the pumpkin for 5 min first to make it easier to cut.
- CUT** pumpkin into cubes, cutting off the rind, and add to the pot.
- ADD** the cranberries and spices.
- COOK** on medium heat until it all softens to the texture you like! You might need to add a ¼ or ½ cup of water to the pot, depending on your apples.

EAT MORE Whole, Nutrient-dense Foods

PEOPLE IN THE UNITED STATES FALL SHORT ON SEVERAL IMPORTANT NUTRIENTS INCLUDING CALCIUM, POTASSIUM, DIETARY FIBER, AND VITAMIN D. THESE NUTRIENTS HELP **KEEP OUR BONES AND MUSCLES STRONG**, FIGHT INFECTIONS, AND REDUCE THE RISK OF CHRONIC DISEASE.

NUTRIENT DENSE FOODS GOALS

- Beans & Lentils 2 cups/wk
- Leafy Greens 1 ½ cups/wk
- Fatty Fish 2 servings/wk

BEANS & LENTILS

Beans and lentils are powerhouses of fiber and potassium, two nutrients we tend to fall short on in the US. Fiber feeds your probiotics (good gut bacteria), stabilizes blood sugar levels, and helps improve cholesterol. Potassium is a key nutrient in blood pressure control and plays a role in bone health.

Examples: Pinto beans, cannellini beans, kidney beans, black beans, lentils, chickpeas, split peas, edamame

LEAFY GREENS

Leafy greens are rich in vitamin E which is an antioxidant that fights against the free radical damage to cells that may contribute to heart disease and cancer. They are good sources of magnesium and vitamin K which keep bones strong and healthy.

Examples: Spinach, salad greens, collard greens, bok choy, broccoli, Brussel sprouts, turnip greens, and beet greens.

Brussel Sprout, Sweet Potato, & Chicken Sausage Bake

Prep Time 10-15 minutes
Cook Time 30 minutes
Serves 4

Try this quick and easy leafy green recipe:

- package chicken sausage, cut in rounds, apple or Italian flavors are both tasty
- medium sweet potatoes, diced into 3/4-inch cubes
- 1 lb Brussel sprouts, washed and halved
- cloves garlic, sliced
- 2-3 tablespoons olive oil
- tsp each dried sage and crushed rosemary
- Salt and pepper to taste

- PREHEAT** oven to 400 degrees. Spray a rimmed 18 by 13-inch baking sheet with non-stick cooking spray.
- ADD** sausage, sweet potatoes, Brussel sprouts, and garlic to sheet pan.
- DRIZZLE** everything with olive oil, sprinkle herbs then season with salt and pepper to taste. Toss to coat.
- ROAST** in oven for 15 minutes, stir, and return to the oven for 15 min or until vegetables start to look crispy.

Leafy Greens Goal One and a half cups or more a week

FATTY FISH

Fatty fish are rich in omega-3 fatty acids, unsaturated fat that decrease triglycerides, reduce blood clotting, and decrease the risk of stroke and heart failure.

Examples: Fatty fish: mackerel, herring, sardines, albacore tuna, salmon and lake trout
Lean fish: Haddock, cod, tilapia, scallops, clams, muscles, halibut, and mahi-mahi

Baked Almond Crusted White Fish with Spinach

Hands On 10 minutes
Total Time 10 minutes
Serves 4

- 1¼ pounds cod or halibut, cut into 4 portions
- ½ cup sliced almonds, coarsely chopped
- 1 tablespoon finely chopped fresh herbs (try dill or chives)
- Zest and juice of 1 lemon, divided
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 4 teaspoons Dijon mustard
- 1 lb Green beans, trimmed
- 1. PREHEAT** oven to 400°F. Coat a rimmed baking sheet with cooking spray.

- MIX** lemon zest, almonds, herbs, 1 tablespoon oil, ½ teaspoon salt and pepper in a small bowl.
- PLACE** fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard and then top each with ¼ of the almond mixture, pressing down to help it stick.
- PLACE** the green beans around the fish, sprinkle with remaining 1 Tablespoon olive oil and sprinkle with salt.
- BAKE** until fish is opaque in the center, about 8-10 minutes.
- SERVE** with a wedge of lemon.

Adapted from EatingWell.com

Omega-3 fats may also reduce inflammation and reduce symptoms of anxiety and depression.

Emotional Wellness

With hectic schedules and so many demands on time and attention, it can be difficult set aside time to unwind and take care of yourself emotionally. Try to identify a few tools that you can use to decompress on a challenging day.

EXAMPLES

- Make a cup of tea
- Take a walk, even if it's just for five minutes
- Call someone supportive
- Do something creative and engaging, work on a puzzle, knit, color
- Practice deep breathing

RELAX & BREATHE

“Practicing deep breathing on a regular basis is important for emotional wellness. By focusing attention on breath, you can train yourself to learn relaxed breathing so that you can practice it when feeling stressed.”



–**Brooke Markt**
Licensed Clinical Social Worker
Acton Medical Associates

How to Practice Deep Breathing

1. **SIT** or lay comfortably. Breathe gently for a count of two and allow air to fully fill your belly.
2. **EXHALE** slowly and count to five.
3. **PAUSE** after exhale and count to three.
4. **REPEAT** steps 1-3 for 5-10 minutes once or twice a day.

Prioritize Sleep

It's important to develop a consistent sleep schedule, waking up around the same during vacation and the weekend.

- Create a relaxing bedtime routine.
- Make sure to get to bed early enough to get 7-9 hrs of sleep. If this isn't your routine currently, adjust your bedtime by 15 minutes every few days until you reach your desired bedtime so that your body can adjust more slowly to the
- Exercise regularly and maintain a healthy diet.
- If you don't fall asleep in 20 minutes, get back up and do something relaxing.
- Keep your bedroom cool and dark (buy room darkening shades if there are bright lights outside).
- Turn off electronic devices at least 30 minutes before bedtime, the blue light disrupts your sleep hormones
- Large meals can disrupt your sleep hormones. If you get hungry close to bedtime, eat a light snack instead
- Caffeine and alcohol can disrupt sleep, so try to avoid both close to bedtime.
- Consider limiting all fluids in the evening to avoid waking up often to use the bathroom overnight.

Acton Medical *EatHealthy*

Acton Medical Associates is committed to providing convenient access to high quality care in a friendly, compassionate and respectful manner for patients of all ages.

Striving for outstanding health services, our complimentary Nutrition Workshops are held multiple times a year to help patients and their families lead healthy and happy lifestyles.

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