

Welcome to

# The NEW You!

Providing you with information on:

**N** – Nutrition

**E** – Exercise

**W** – Wellness

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## SMART Goals Can Help You in 2008 !

Many people start the New Year by making resolutions to change a habit. Common resolutions are “Lose Weight” or “Quit Smoking”. Setting goals help people change. Goals are the desired results of your actions; what you want to happen.

Long-term goals are more challenging or broad and will take longer (a month, a year) to accomplish. An example is, “Lose 25 lbs by July 31<sup>st</sup>.” Working with several short-term goals will help you make progress until the long-term goal is met. Short-term goals can be met daily or weekly. “Eat two pieces of fruit every day.” or “Lose 1 – 2 lbs a week.” are short-term goals.

Each person should set their own personal goals. They need to be important to you or it will be more difficult to stay motivated as you struggle to make choices and changes to meet your goals. One way to make long- and short-term goals is the **SMART** method.

Goals should be:

**S**    **SPECIFIC**  
**M**    **MEASURABLE**  
**A**    **ACHIEVABLE**  
**R**    **REALISTIC**  
**T**    **TIMELY**

An example of a **SMART** goal is: “I will decrease my Hemoglobin A1c from 8.0 to 7.5 in the next 6 months.” It’s specific. It’s measurable. This realistic decrease in A1c is small enough to achieve in 6 months. An example of a goal that does not use the **SMART** method is: “I will exercise more.”

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Providing holistic care  
to the entire family.

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It is not specific nor is “more” an easy word to measure. An exercise goal that will give you better direction is: “I will walk 12 blocks, 5 days a week.” This goal has specific measures to complete – 12 blocks to walk and walk 5 times a week. It is a realistic amount of walking to do unless a person has physical problems or is very out-of-shape and needs to start with a smaller, more achievable exercise goal.

You should make both dietary and exercise goals for a more successful weight loss plan. Short-term goals for dietary changes may involve writing a week of supper menus every Saturday morning so healthy foods can be purchased and prepared at home to reduce how often you eat out. Other examples of short-term goals are: 1) Divide a box of crackers into one-portion containers to control snack size and calories; 2) Plan and pack a meal or snacks to eat at work using leftover portions.

Start with small short-term exercise goals. For example, “I will take my tennis shoes and comfortable clothes to work tomorrow. After work I will change clothes and walk 12 blocks before coming home.” Or “I will join the local gym for beginning aerobic class on Tuesday and Thursday evenings at 5:30 PM.”

Measure your success by marking an “X” on your calendar when the exercise sessions or menu plans are completed. These short-term **SMART** goals give you specific directions to guide your decision making for healthier living to meet your long-term goal of weight loss or lower A1c level.





South Dakota Urban Indian Health Clinics  
will be closed on:

February 18<sup>th</sup> for President's Day



### Resist the Fad Diets and Gimmicks'

There are many diet books, herbal remedies, home exercise machines, low-calorie foods and beverages, gym memberships, and fat-burning creams or pills advertised this time of year. Many people make New Year's resolutions and the "selling" industry is after a profit. We spend over \$40 Billion every year on weight loss products. Skilled marketers know how to make you buy a dream. BUYERS BEWARE! If it sounds too easy, it probably is a just a "dream" product.

Healthy weight loss advice and tips should promote eating foods from all food groups plus adding some regular exercise for the weight loss to be successful and long-lasting. Beware of fad diet plans that discourage you from eating specific foods or a whole food group or claim to have "new" or "revolutionary" food combinations. These plans may cause deficiencies of vitamins and minerals. Products claiming to change body chemistry or blame hormones for weight gain should be avoided.

No foods or beverages individually cause weight gain or weight loss. A person who eats too many total calories, from whatever food source, for their body to burn off with physical activity will gain weight. Fad weight loss diets have come and gone throughout history. The low-carbohydrate diet craze started in 1825 and resurfaced in 1863, 1987, 1994, 1995, and 2001. The American Dietetics Association has published the Fad Diet Timeline summarizing the main fad diets that gained national popularity since 1820. For a fun look at how humans have struggled with weight loss diets, look at [eatright.org/media](http://eatright.org/media) and click on National Nutrition Month Media Materials, then Fad Diet Timeline.

Fad diets will create weight loss if followed. The plans reduce the number of calories eaten by whatever food limitation is promoted. The main trouble with many fad diets is that they don't help promote weight maintenance because the meal plan is too difficult or restrictive to follow on a daily basis. A person may follow the plan for awhile and lose several pounds. But, what happens when you return to past eating habits? Without lifestyle changes to eat smaller portions of **ALL** basic food group choices as well as living a more physically active daily routine, weight control will be difficult.



### Warning Signals of Less-Than-Truthful Nutritional Advice

1. Promises a quick fix, no hunger, the product is available for limited time, or guarantees success or your money back.
2. "Small print" warning the consumer to follow the plan for a specific amount of time and then to return to usual eating habits.
3. Makes claims that sound too good to be true, uses "revolutionary" or "breakthrough" in their description.
4. Recommends a product based on only one research study, studies that involve very few participants, or studies not published in a peer-reviewed journal.
5. Includes lists of "good" and "bad" foods.
6. Claims the government or a scientific organization is against their product.
7. Research was funded by the company selling the product.
8. Make claims that go against nationally published recommendations from science, government, or nutrition organizations.
9. Information is mainly supplied by personal testimonies not by science.





## February is American Heart Month

Focus on lifestyle habits to improve your heart health. Routine health care, healthy eating and regular physical activity for weight control work together to promote a healthy heart.



## March is National Nutrition Month

*Nutrition: It's a Matter of Fact.* Our 2008 theme encourages you to find the truth about food and nutrition. Visit with a Registered Dietitian or read information published by well-known national health organizations such as:

American Dietetics Association  
American Diabetes Association  
American Heart Association  
Center for Disease Control  
National Heart, Lung, and Blood Institute  
United States Department of Agriculture

Follow these scientifically proven nutrition recommendations. These “Facts” will improve your nutritional intake to build a stronger body and mind.

### Healthy Eating Facts

- Eat 5 servings of vegetables (2 ½ cups) and 4 servings of fruits (2 cups) every day.
- Eat less sugary foods and low-fiber starches.
- Eat 6 servings of complex carbohydrate foods (whole-grain cereals and breads, dried peas/beans, brown/wild rice) every day.
- Include 3 servings of low-fat dairy foods every day.
- Eat smaller servings and choose leaner meats to eat less saturated and *trans* fats.



## Change Unhealthy Habits One By One

Kicking out bad habits and adopting more healthy habits is challenging but it can be done. Are you ready to change? If the answer is “yes”, write a list of benefits that will result from your change. This list will help you stay motivated. **Focus on what you will gain** from the small changes you make. What you will gain is more important than missing what you give up.

Then, list challenges or obstacles that will get in your way of making that health change. This list will provide you with goals for change. Choose one goal to start with; use the **SMART** goal tips on page one to help you think through what you are trying to do. Brainstorm on ways to work toward that goal and monitor your progress.

You have a goal and a plan for action. Now, is the time to **Do It!** Do it over and over. Be sure to give yourself credit or “pat yourself on your back” for your effort. Celebrate that each small change or healthy choice leads toward your goal. Write hints on your calendar for motivation or jot down when daily goals are completed.

Focus on the positive changes. Fight against feelings of failure if you miss a goal. Set-backs are not a total loss. What caused you trouble and how did you respond? Is there a healthier way to react when the situation happens again? This problem solving just gave you help for the future. Be stronger with this new knowledge and start to make healthy choices again. **Refocus on what you will gain** from these changes.

Eating healthier is a common habit people work on changing. Use the tips above for help. Eating healthy should not be something you go “on”, like starting a fad diet. Going “on” a diet may make you feel like you are being punished. At some point, you will go “off” a fad diet and return to your past habits. This may create feelings of failure and if calories aren’t controlled, weight gain will occur. Instead, choose what to eat and how much to eat in relation to your food splurges and activity level. Healthy eating involves some self-sacrifice - saying “no” to eating extra calories. It is not a fad diet. It promotes balance between higher calorie meals and several lower calorie meals and/or extra exercise. Healthy eating is not all or nothing.

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### Pierre Clinic

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Pierre, SD 57501  
Ph: 605-224-8841

### Aberdeen Clinic

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Aberdeen, SD 57401  
Ph: 605-225-1538

### Sioux Falls Clinic

320 S. 3<sup>rd</sup> Ave Suite B  
Sioux Falls, SD 57104  
Ph: 605-339-0420

## Pierre's Exercise Room Ready for Use

The remodeling is done! Our exercise machines are ready for use in the new edition at SDUIH in Pierre and the Keya Program is up and running. We have treadmills, a recumbent bike and NuStep-cross trainer, an elliptical machine, and a weight training station.

Exercise is important in diabetes prevention and management. Native American clients with diabetes or those at risk of developing diabetes are eligible to start an individualized Keya exercise program. Call Ashley at 224-8841 to get started.

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