



Livingston County Office for the Aging
Senior Nutrition Program Newsletter - Jan 2022
BY LUCILLE TANG, RDN

3 Tips to Set SMART & Successful New Years Resolutions

Every year, we all set New Years Resolutions.

Often, Nutrition and Health goals are at the top of the list!
When creating your goals, keep some of these tips in mind.

Start Small - One Day, One Step at a Time

Focus on smaller changes that will work for
you today, then tomorrow, and then the next.

Even if one day is missed, don't give up!
Forming new habits isn't easy. Plus, life
happens and that's okay. You got this!!



Celebrate your successes!

Each little change is a BIG win! Especially as
you're forming new, positive habits. Reward
yourself and share your accomplishments!





3 Set SMART Goals!

"I want to eat healthy" and "I want to exercise more" are great but vague goals. Use the SMART acronym to specify what, how, and when you will reach your goals.

Examples include:

"I will add a fruit to breakfast, everyday."

"I will take a 10-minute walk at 3pm, three times a week."

Fill in the blanks!

S SPECIFIC What will I do?	
M MEASURABLE How much?	
A ATTAINABLE Is this goal too big or too small?	
R RELEVANT Why is this goal important?	
T TIMELY When or How Often?	

Have questions about the meals or nutrition concerns?

Contact the OFA Nutritionist, Lucille Tang at
(585)-991-5462 or LTANG@co.livingston.ny.us

