

# Start The Year Strong With SilverSneakers

With another new year, comes new goals. Each year we make goals, but sometimes we have a hard time keeping them. This is especially true with health and fitness goals. Sometimes we set our sights a little too high or broad (i.e., get healthy or exercise more). One trick to making and keeping goals is to make sure they are SMART: Specific, Measurable, Attainable, Relevant and Time-bound.<sup>1</sup>

1. Specific and Measurable. Know exactly what you will do and how you will check your success along the way.
2. Attainable. Be realistic and don't set the goal too high.
3. Relevant. Make sure it's important to you.
4. Time-bound. Simply give yourself a deadline.

SilverSneakers® is here to help you accomplish those health and fitness goals. After you create your SMART goals, follow these seven tips to stay committed to your workout<sup>2</sup>.

## Tip #1: Be Patient

Finding your groove takes time. Being consistent is what counts.

## Tip #2: Track Your Steps

Find you're more motivated with a daily goal? Try tracking your steps or activity minutes. If you're looking at minutes, aim to get at least 150 minutes of moderate exercise per week. Try to work in at least two days of strength work, too. As for steps, aim to work up to 6,000 to 8,000 steps a day.

## Tip #3: Ease Your Body Into Your Workout

Enjoying exercise to its fullest doesn't mean we still won't have aches and discomfort. But a little bit of preparation can go a long way to making your workout more comfortable, right off the bat. Don't forget your warm up and cool down.

## Tip #4: Find Your Why

What's going to get you out the door when it's the last thing you want to do? It comes down to your values. Whatever that "why" is for you, put a reminder (ex. a photo or sticky note) in a place that you'll see it, such as on your door or next to your walking shoes.

## Tip #5: Create Accountability

Announcing to the world that you're making a commitment is a surefire way to hold yourself responsible. For you, this may be a post on social media, a conversation with your family, or asking a friend to be your accountability partner. If you aren't the type to post it on social media, and just want to keep yourself accountable, record yourself saying your goals on your cell phone. Then hold yourself to it.

## Tip #6: Try Mindful Workouts

Is your mind running a mile a minute while you're exercising?

Focus on what you're doing and what's going on in your environment. What's your breathing like? How do your feet feel on the ground? If your mind slips, it's OK. Just catch it and bring yourself back to the present.

## Tip #7: Have Fun

Working out doesn't have to be all work. Try something a little different.

- Change the terrain. Depending on your comfort level, you can mix up the environment.
- Take the road less traveled. Do you do the same workout every day? Maybe it's time to find a new routine, or a few, that you can mix into your rotation.
- Hit pause and play. One idea: Take a frisbee with you on a walk with friends.
- Get out in the community. Does your neighborhood have fun activities? Sprinkling different commitments into your schedule can keep you inspired.

Get a jump on reaching your goals this year with Silver Sneakers. Create your online account at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) to get your SilverSneakers ID number and unlock access to everything that's included.

- Access to thousands of participating locations with equipment, pools and other amenities<sup>3</sup>
- Group exercise classes<sup>4</sup> for all levels at select participating locations
- SilverSneakers Community classes, both in-person and virtual, offered locally
- SilverSneakers LIVE virtual classes and workshops
- SilverSneakers On-Demand videos available 24/7
- The SilverSneakers GO mobile app

## Always talk with your doctor before starting an exercise program.

1. <https://www.silversneakers.com/blog/new-years-resolutions-make-smart-goals/>
2. Adapted from <https://www.silversneakers.com/blog/pywc-stay-committed-to-your-walking-goals/>
3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. SSFP3882\_1022

