



# SmartFHR Newsletter



## Holiday Healthy Goals

The holiday season gives us a chance to celebrate the year and past traditions and look with hope for the coming year. As we approach the start of 2023, you may be thinking of New Year's resolutions you would like to set for yourself. Consider setting a healthy goal for 2023.

S.M.A.R.T. goals give direction and help create a roadmap to success.

S: Set goals that are specific to have a place to start and know where you are going.

M: Your goals should be measurable so you can track your progress.

A: Make sure the goal you're setting is attainable, challenging but not overwhelming.

R: Make your goal relevant so that it aligns with broader goals to keep you motivated.

T: Goals should be time-based to keep focused and accountable.

Instead of setting the goal "I want to be healthier", try phrasing as a S.M.A.R.T. goal. In the next 6 months (T), I want to lose 5 pounds (S, A, R) by walking for 30 minutes 3 times a week (M).

Use the S.M.A.R.T. goal framework to make sure you reach all your 2023 New Year's resolutions! We believe in you and are here to help.

## From the Desk of Green Circle Life Health Partners

### Planning For The Year Ahead

December is the perfect time to think about your health.

Taking time to understand your current health is the first step. To get started, take the Wellness Assessment in your SmartFHR app to identify areas of your health that you may want to focus on the most!

## Learn About the SmartFHR™ App: Lifestyle Programs

Lifestyle Programs can help you set personal health goals and help keep you on track through daily tasks and education. There are four programs available that can help with a variety of health goals:

- Weight management
- Physical Wellbeing
- Emotional Wellbeing
- Financial Wellbeing

Join a Lifestyle program along with Lifestyle Coaching to help you achieve the best results!

## Healthy Recipe: Hearty Winter Soup

There's nothing more comforting than a hearty bowl of soup on a cold winter day. This delicious plant-based soup is perfect for the season. Do you have prediabetes or do you wonder if you could be one of the 96 million American adults who have prediabetes?

Read more at <https://www.cdc.gov/diabetes/basics/prediabetes.html>

## Holiday Nutrition Tips

It's easy to let our balanced nutrition get swept up in the holiday season. Keep on track by following some of the tips below!

Read more at <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

## New Years Resolutions

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