

ACTIVE LIVING AFTER CANCER

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®

MONTHLY NEWSLETTER

JANUARY 2022 | ISSUE 44

Setting Goals for the New Year and Beyond

Happy New Year!

The start of a new year is a fresh start, and it's the time many of us set New Year's resolutions. A New Year's resolution is a decision you make at the beginning of the year to either start or to stop doing something. Sadly, many of us let go of our New Year's resolution as early as February. A big reason that our New Year's resolutions fail is because we don't create a plan to achieve them. This year, look at your New Year's resolutions as goals and create plans to achieve those goals. This month, we will help you set your goals and show you how to plan for them.

By having defined goals and plans to achieve them, you can measure your progress and celebrate your achievements.

Step 1: Set a lifetime goal

Consider what you want to gain in your lifetime, or at least what you want to gain this year. Think about each area in your life including career, financial, education, family, attitude, creativity, physical, service, and enjoyment. Pick 1 to 2 significant goals in each area you want to focus on



Step 2: Set smaller goals

Once you've set your long-term goals, break those down into smaller 6-month, 1-month, weekly, and daily goals that you need to reach to achieve your long-term goal. Work backwards when you set your smaller goals. If you were to put them on a timeline, your small goals should lead towards your long-term goals.

Make sure your small goals are SMART

SMART is a mnemonic that stands for Specific, Measurable, Attainable, Relevant, and Time-based. When creating your goals, make sure they are:

S- Specific. State exactly what you want to accomplish

M- Measurable. Your goal should be measurable. Keep track of your progress so you can see your changes.

A- Attainable. Your goal can be reached based on your abilities, what is available to you, and time.

R- Relevant. Your goal needs to align with your values and should be something you might enjoy.

T- Time-based. Give yourself time, but set a deadline.

Once you've set your goals, keep your momentum by regularly reviewing and updating your goals. Remember to reward yourself every time you achieve your goals (including the small ones). By following these tips, you will see progress in what may have previously seemed impossible!



Get Moving this New Year with Active Living After Cancer!

Click [HERE](#) if you would like to know more and would like to be contacted!

Active Living After Cancer is enrolling survivors and their caregivers. **Join our free program** where you will receive a **free** pedometer, resistance bands, T-shirt, water bottle, tote, and other goodies!

Visit our Website [Here!](#)

We are always enrolling!

week	topic	activity	survivorship topic
1	Orientation, finding moderate intensity activities and physical activity	2 minute walk	Introductions
2	Readiness to change, goal-setting and keeping track of your progress	Walking & stretching	Talking to your doctor
3	Benefits and barriers for physical activity	Resistance bands & stretching	Treatment side effects (eg, Lymphedema)
4	Problem-solving skills for barriers	Zumba	Nutrition
5	Setting long-term goals	Walking & meditation	Spirituality
6	Rewarding yourself	Zumba	Emotional distress & fear of recurrence
7	Time management	Resistance bands & stretching	Coping with fatigue
8	Gaining confidence	Zumba	Cancer screening & care plan
9	Finding and getting support	Resistance bands & stretching	Effects of cancer on relationships/communication
10	Thinking about problems in different ways	Balloon volleyball	Body image
11	Relapse prevention	Walking, resistance bands & stretching	Nutrition revisited. Bring family, friends, & caregivers
12	Finding places you can be physically active in your community	Zumba	Award ceremony and potluck

JANUARY CHALLENGE

Light to Moderate Intensity Leg Workout

Try this lower body routine at home or the gym! Make modifications to fit your physical activity level. Start light and progressively add weight as you become stronger. Remember to hydrate and always put your **safety first**.

Equipment

- A pair of dumbbells (2lbs, 5lbs, or 10 lbs). You can also use your body weight for these exercises. **Tip:** use water bottles if you don't have weights.
- Water
- Upbeat music

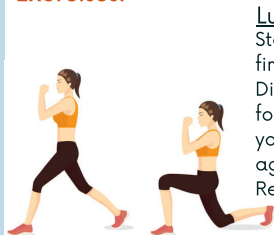
Reps, sets, and breaks

- A rep or repetition is one full movement.
- A set is a group of repetitions.
- Breaks are taken in between sets. They can be from 1-minute to 3-minutes.

Instructions

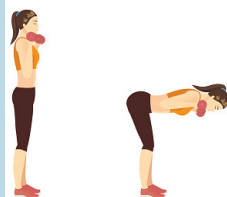
Be sure to **warm-up** first before you begin!
For this routine, you will do **3 sets of 5-8 repetitions (reps) per exercise**. Take a **1-to-3-minute break** in between every set and every exercise. Google any exercises you don't recognize. Aim to do this routine 2-3 times a week this month.

Exercises:



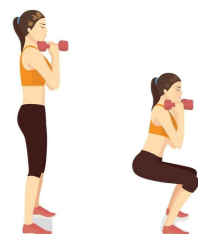
Lunges

Step back with one leg, finding your balance. Dip down slowly to form a 90° angle with your front leg and rise again, that's 1 rep. Repeat with the other leg.



Good mornings

Stand with feet hip-width apart. While holding both weights by your shoulders and keeping your back straight, bend forward slowly until your back is flat. Rise up to starting position, that's 1 rep.



Squats

Stand with feet hip-width apart while resting the weights on your shoulders. Squat down like you're about to sit on a chair. Hold squat for a second and stand back up, that makes 1 rep.

Help us advance our program!

Become a host site, help our research team, or invite us to your next talk.

“ I am very satisfied with this program I feel more physically and emotionally active to keep me moving forward. ”
- an ALAC graduate/
cancer survivor

Our research team at MD Anderson is recruiting breast cancer survivors to participate in virtual interviews, which will be used to inform the development of a program to increase physical activity and reduce stress in breast cancer survivors residing in Texas. If you are interested in learning more about this study, please give us a call at **713-792-3306** or email us at ruralbeatcancer@mdanderson.org

The Active Living After Cancer team would love to speak at your next event! If you would like us to speak at your next event/support group contact us at ALACprogram@mdanderson.org

