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!

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!

We are always enrolling!

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<tr>
<th>week</th>
<th>topic</th>
<th>activity</th>
<th>survivorship topic</th>
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<tr>
<td>1</td>
<td>Orientation, finding moderate intensity activities and physical activity</td>
<td>2 minute walk</td>
<td>Introductions</td>
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<td>2</td>
<td>Readiness to change, goal-setting and keeping track of your progress</td>
<td>Walking &amp; stretching</td>
<td>Talking to your doctor</td>
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<td>3</td>
<td>Benefits and barriers for physical activity</td>
<td>Resistance bands &amp; stretching</td>
<td>Treatment side effects (e.g., Lymphedema)</td>
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<td>Problem-solving skills for barriers</td>
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<td>Setting long-term goals</td>
<td>Walking &amp; meditation</td>
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<td>Rewarding yourself</td>
<td>Zumba</td>
<td>Emotional distress &amp; fear of recurrence</td>
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<td>Time management</td>
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<td>Gaining confidence</td>
<td>Zumba</td>
<td>Cancer screening &amp; care plan</td>
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<td>Finding and getting support</td>
<td>Resistance bands &amp; stretching</td>
<td>Effects of cancer on relationships/communication</td>
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<td>10</td>
<td>Thinking about problems in different ways</td>
<td>Balloon volleyball</td>
<td>Body image</td>
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<td>11</td>
<td>Relapse prevention</td>
<td>Walking, resistance bands &amp; stretching</td>
<td>Nutrition revisited. Bring family, friends, &amp; caregivers</td>
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<tr>
<td>12</td>
<td>Finding places you can be physically active in your community</td>
<td>Zumba</td>
<td>Award ceremony and potluck</td>
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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 (2 lbs, 5 lbs, 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-2-minute break in between every set and every exercise._google any exercises you don't recognize. Aim to do this routine 2-4 times a week this month.

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