

Jump Start Your Physical Wellness Goals—SMART Goals



It's a New Year, and we're excited you're interested in moving more in 2023! We know that keeping ourselves physically fit is important; it's good for our minds & bodies. Whether you're a dedicated fitness buff or just getting started, it turns out your fitness routine could benefit from taking a cue from the business world. Specifically, setting goals. And—even more specifically—setting SMART goals...

<https://health.clevelandclinic.org/smart-fitness-goals/>

Also, please check out videos offered by NHF Steps for Living Fitness:

<https://stepsforliving.hemophilia.org/resources/physical-activity/fitness-videos>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.