

HEALTH SERVICES

PROTECTION PLAN

JANUARY 2017

S.M.A.R.T. Goals for Lifestyle Change

A goal should provide guidance and direction. Goals like lose weight, eat better, or have less stress are far too vague and unspecific to help very much in making change. Use the S.M.A.R.T. criteria to help put more detail into your goal. Spending some time creating effective goals will be a huge help later on.

S-Specific

- Your must state your goal as specifically as possible.
- Try to put as much decision work into your goal now.
- Set the goal “lose 20 pounds” instead of “lose weight”.
- But you can do even better. Try “Lose 20 pounds by increasing my exercise to 4 times a week and reducing sugar and portion size”.

M-Measurable

- You need to have a way to measure progress.
- Progress will feel good and measuring will keep you from cheating. The goal “lose 20 pounds” can be measured by a scale.
- Produce evidence for your progress. If your goal is to “reduce stress” create a stress measure for yourself like the number of times you get upset every day.
- Keep a log and record each stressful reaction.

A-Attainable

- Your goal should be meaningful to you. It should be set by you, not someone else.
- The goal should be inspiring enough that it motivated you to success. If you are not determine to meet your goal, obstacles will be very difficult to overcome.

- If your doctor says, “lose weight” and your wife says, “lose weight” but you are not inspired by this, find another goal that also improves your health while you try find a way to become inspired about weight loss.

R-Realistic

- Goals should be ambitious, but not impossible.
- Do not set yourself up for failure.
- Choose a goal that you are confident you can reach, but that will stretch you also.
- Break large goals into smaller goals.
- Create a plan to do all the steps you need.

T-Time Based

- When will you finish your goal?
- You need to choose a time, the sooner the better.
- Saying “I will lose 20 pounds in 3 months” is good, but saying “I will lose an average of 2 pounds every week for 10 weeks” is better.

Write your goal

Now really think about your goal. Finish the following sentence, write it down and put it somewhere you can see it.

I will [your goal here] by [how you will do the goal].
I will know I am making progress because [how you will measure the goal] [time goes here].

Now evaluate your goal– is it Specific, Measurable, Attainable, Realistic, and Time-Based? Good. Now go do it!

By Mark Stibich, PhD

<https://www.verywell.com/smart-goals-for-lifestyle-change-2224097>

The Consultant of the Month



Spencer Brown

Spencer has been providing Hearing Aid services since March of this year. His favorite part of the job is helping people on a daily basis. “Not only am I able to provide a service to the community with free hearing consultations, I am often helping to restore the quality of life that people miss when they deal with hearing loss.” Spencer says he owes his success to his supportive wife Amy. They work as a team together at the Cupertino location. Outside of work they both enjoy the great outdoors with their two children. Thank you Spencer!

Healthy Slow Cooker Chicken Potato Soup

Ingredients:

- 4 slices bacon, chopped (could be low fat turkey bacon)
- 1 large onion, peeled and chopped
- 3 garlic cloves, minced
- 3 pounds russet potatoes, peeled and sliced thin
- 1 1/2 pounds boneless skinless chicken breast
- 2 cups sliced carrots
- 2 cup sliced celery
- 8 cups chicken broth
- 1 teaspoon dried thyme
- 1/3 cup fresh chopped parsley
- Salt and pepper



Directions:

1. Place a skillet over medium heat. Add the bacon and cook until brown, then add in the onions and garlic. Sauté for 3-4 minutes to soften. (If using turkey bacon, cook in a nonstick skillet.) Pour the onions mixture into the crock of a large 6 quart slow cooker.
2. Place the chicken breast on top of the onions. Add the sliced potatoes, carrots, celery, chicken broth, thyme, 1 1/2 teaspoons salt, and 1/2 teaspoon black pepper. Place the lid on the slow cooker. Turn on high and cook for 8-12 hours, stirring occasionally, until the potatoes are extremely soft. (Check the chicken at 7 hours. If it's cooked through, cover and refrigerate until the potatoes are tender and breaking apart. If you happen to have a *faster* slow cooker, you do not want to overcook the chicken.)
3. Remove the chicken breast from the crockpot. Stir the potato soup vigorously to break up the potatoes and thicken the broth. (You can make it extra creamy by partially pureeing the soup with an immersion blender). Shred or chop the chicken and add it back to the slow cooker along with fresh parsley. Stir well. Serve warm topped with low fat cheese if desired!

This delicious recipe brought to you by **A SPICY PERSPECTIVE**

<http://www.aspicyperspective.com/healthy-slow-cooker-chicken-potato-soup/>



REFER A FRIEND

In the month of January refer a friend or family member to **Miracle Ear** and receive a \$100 visa gift card! This gift card will be delivered to your house 45 days after the delivery of their new Hearing Aids!