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## ACT: Setting and Achieving Integrative Health Goals

Improving your health has as much to do with solid attitudes as it does with solid abs! Setting and achieving health goals requires you to incorporate your mind, body, and spirit. Here are some simple but important tips to guide you.

**Be specific: Make your action plan clear and precise.**

Ditch vague proclamations like "I'm going to quit eating so much junk." Replace them with clear, specific plans such as "I will add two pieces of fruit to my diet each day."

**Be measurable: Measurable action steps make tracking your progress a snap.**

Instead of saying, "I really need to work on controlling my stress," try saying "I will take twenty minutes for meditation at the start of each day."

**Be action-oriented: Make plans which include real, tangible steps.**

Real change requires real action. Don't just set a goal. Decide how you will achieve it. For instance, instead of saying you will lose weight or exercise more, commit to four 30-minute walks by the end of the week.

**Be realistic: Choose action steps that are largely within your reach.**

Don't immediately reach for the pie in the sky. Make small lifestyle changes which are doable for you, like taking the stairs instead of the elevator.

**Be timely: Establish a timetable for actions.**

Forget about forever and focus on the foreseeable future. Don't just say that you'll visit the dentist regularly. Give yourself a deadline for setting the next appointment.

*- Adapted from the Duke Center for Integrative Medicine*