

# FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

## New Year, New You!

LET'S RESET, REVIVE, AND RENEW.



**Happy New Year!** As you reflect on the joy of the holidays, embrace 2025 with new hope and excitement! It's the perfect time to set new goals or build on the ones you started prior. This year, make your health and wellness a top priority by taking small, achievable steps toward big changes. Every effort, no matter how small, makes a difference. So, hit the reset button, recharge your health, and renew your pledge to self-care!

### LET'S SET SOME SMART GOALS!



**Ofentimes when we set goals for the year ahead, we have lots of energy and will power.** But how long do we stick to them? Every milestone – no matter how small – can help you achieve big outcomes and get you closer to reaching your goals.

Health Educator Ines Herrera answers some of your questions about goal-setting and shares a well-known strategy that was developed in the 1980s known by the acronym SMART. This method helps you organize your time and may require you to say 'no' to activities that don't assist in meeting your goals for the year.

#### SET YOUR SMART GOALS

- Specific**  
State exactly what you will do.
- Measurable**  
Provide a way to check that you are doing the right amount.
- Achievable**  
Consider if they are possible to accomplish, keeping your lifestyle in mind.
- Relevant**  
Make sense for assisting you in reaching your overall goal.
- Time-bound**  
Give yourself a time frame, date or time to accomplish these tasks.

#### How helpful is it to set small goals for yourself?

The Centers for Disease Control (CDC) suggests that setting small goals can be helpful because it makes reaching bigger goals feel more manageable. It helps boost your excitement and gives you a sense of accomplishment as you complete each step. When you set "SMART" goals (Specific, Measurable, Achievable, Relevant, and Time-bound), you're more likely to stay on track and continue making progress.

#### Can I use SMART for any type of goal?

Yes, you can use the SMART method for almost any goal, whether it's personal, professional, or creative. For example, if you're setting a health goal, here's how you can use SMART:

SMART GOALS	Nutrition	Exercise	Weight Loss
	"I will eat at least 5 servings of fruits and vegetables each day for the next 30 days."	"I will complete 30 minutes of cardio exercise 3 times a week for the next 4 weeks."	"I will lose 1-2 pounds per week for the next 6 weeks."
<b>SPECIFIC</b>	Eat 5 servings daily.	30 minutes of cardio.	Lose 1-2 pounds.
<b>MEASURABLE</b>	Track servings.	Track sessions.	Track weekly progress.
<b>ACHIEVABLE</b>	Manageable target.	3 times a week.	Safe rate of weight loss.
<b>RELEVANT</b>	Supports a healthy diet.	Improves fitness.	Supports long-term health.
<b>TIME-BOUND</b>	Achieve this for 30 days.	Complete within 4 weeks.	Achieve within 6 weeks.

Sources: <https://med.stanford.edu/content/dam/sm/s-spire/documents/How-to-write-SMART-Goals-v2.pdf>, <https://www.cdc.gov>

#### Ines Herrera | Health Educator



Ines Herrera is a highly motivated health educator with a passion for improving the well-being of our members. She has more than 7 years of experience in health education and enjoys encouraging individuals to focus on prevention. Ines is an ally to our members with an excellent record of commitment to serving diverse populations. She is passionate about helping our members stay healthy and live life to the fullest.

*"Helping members to recognize their own potential to stay healthy is my passion. I am dedicated to making my community healthier and happier through education and perseverance."*

~ Ines Herrera

## Zest up the New Year with this citrusy tuna salad



What's in season in January? Citrus! Meyer lemons, regular lemons, limes, mandarin oranges, navel oranges, and Texas ruby red grapefruit are all in season, ready to add some zest to your recipes. How about trying this refreshing citrusy tuna salad? Popular in many seaside regions of Latin America, ceviche (pronounced seh-VEE-cheh) is enjoyed as a light lunch or appetizer — a flavorful way to add heart-healthy seafood to your menu. Traditionally prepared with very fresh raw fish "cooked" in lime juice, ceviche made with canned tuna is safe to eat. The tomatillos offer a unique citrus-like flavor, but if you prefer, you can substitute tomatoes. In South America, ceviche is served with crispy plantain chips called chifles.

**Get the full recipe here!**

Get the full zesty recipe here: <https://www.eatright.org/recipes/salads/citrusy-tuna-salad>

## Don't let these fun New Year celebrations slither away!

Lunar New Year is here, and we'll see you there!

2025  
YEAR OF THE SNAKE

**Mark your calendars and join us!** We will be attending the Lunar New Year festivals all throughout SoCal to celebrate the Year of the Snake!

#### Year of the Snake fun fact

It's been said that people born in the Year of the Snake are mysterious and cautious, but carry wisdom, determination, and passion in their hearts.

**All events are completely FREE** and packed with exciting cultural performances, live entertainment, mouthwatering street food, shopping, and more! Don't miss out — stop by our booth for fun giveaways! Check out [HealthyWayEvents.com](https://HealthyWayEvents.com) for the full list of events happening near you!

### JANUARY 2025

#### 2025 Monterey Park Lunar New Year Festival

Saturday, January 18  
Sunday, January 19

For more info, [click here.](#)

#### 2025 Riverside Lunar New Year Festival

Saturday, January 25  
Sunday, January 26

For more info, [click here.](#)

### FEBRUARY 2025

#### 2025 San Gabriel Lantern Festival

Sat., February 1  
Sun., February 2

For more info, [click here.](#)

#### 2025 San Diego Tét Festival

Sat., February 1  
Sun., February 2

For more info, [click here.](#)

#### 2025 Eastvale Lantern Festival

Sat., February 15  
Sun., February 16

For more info, [click here.](#)