

# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### Setting your Health Goals for 2014

The New Year, to most people, symbolizes another chance, a chance to make that year their year; accomplishing things that were unsuccessful in previous attempts. Armed with determination and enthusiasm, we charge into the challenge with no fear of failure.

Our goals vary from person to person; from financial (like getting out of debt) to physical (like losing weight or becoming more active). But if we don't set these goals wisely, we may be setting ourselves up for failure, not success.

#### Goal Setting Tips

Why is this so important? Your goals give you something concrete to aim for—they set your intention. If your focus is on achieving certain goals, and your actions correspond to them, you will achieve those goals. To promote success and longevity of your goals, take these tips under consideration.

-Write your goals down in a journal, be specific on what you are trying to achieve.

Example: “I want to lose 10 pounds in two months.”

-Consider adding emotional and mental goals, not just physical ones, like “I want to manage my stress better” or “I want to have more energy in two months”.

-Modify, NOT QUIT, your goals if you feel like it may be unattainable.

-Add more goals along the way to keep you motivated.

-Talk about your health goals if you are feeling unmotivated. You may be able to get some encouragement from family and friends.

#### Make your goal attainable.

Setting goals, long or short-term, might seem easy but it's important to make sure that they are attainable. Set goals that are specific, measurable, able to achieve, realistic, and can be done in a timely fashion. If you're S.M.A.R.T. about it, you can accomplish anything you set your mind on.

Resources:

[www.ehow.com](http://www.ehow.com)

[www.womensforum.com](http://www.womensforum.com)

January 2014

Volume 4, Issue 1



**MAKE  
HEALTHY  
HAPPEN  
MIAMI**

Inside this issue:

Health Goals	1
Safety/ Health Observance	2
Event	3

#### GOAL SETTING

Specific  
Measurable  
Achievable  
Realistic  
Timely



Contributed by Sandra Johnson-

Florida Health Department in Miami-Dade Dietetic Intern

## Spinach Pesto Omelette

### Ingredients

- 1 teaspoon extra-virgin olive oil
- 3 eggs, whisked
- Coarse salt and freshly ground black pepper
- 1 tablespoon Spinach-Basil Pesto

### Directions

Preheat an 8-inch pan over medium-low heat for 2 minutes. Add oil and swirl to coat. Season eggs with salt and pepper and pour into pan.



Cook, occasionally tilting pan and lifting up set egg. Cook until omelet is just set, 3 to 4 minutes (be careful to not let the bottom brown).

Spread half the omelet with pesto and flip over other side. Continue to cook until pesto is warm, about 30 seconds more.

## Health Observance

January 19-25

### Healthy Weight Week

Celebrate this health observance by picking up a few healthy habits instead of crash-diets. People who diet the first week of January binge the second and are ready for better living by the third week. Healthy Weight Week is this week. This is a week to promote healthy lifestyle habits that last a lifetime and prevent weight and eating problems. According to government statistics, about one-third of the U.S. population is obese.

**Eat well.** Include all five food groups every day: bread and grains, fruits, vegetables, milk and dairy, meat and alternates. Choose balance, variety and moderation. All foods can fit.

• **Relax and relieve stress in your life.** Take time for a daily 10-15 minute relaxation session. Or just empty your mind and let your body go limp for 30-second relaxation breaks occasionally throughout the day. Stress can lead to high blood pressure, chest pain, back pain, indigestion, headaches, insomnia, anxiety, depression, confusion, mood swings, irritability and anger. Listen to your body. Be flexible, relax and go with the flow.

# Upcoming Events

**JOIN THE WALKING MOVEMENT!  
1 MILLION STEPS TO BETTER HEALTH**



## **WALK THIS WAY FAMILY FUN DAY**

**Saturday, January 18 | 7-9 am**

**CAGNI PARK  
13498 NE 8 Avenue  
North Miami, FL 33161**

Receive a **FREE** t-shirt, pedometer,  
and guide book for becoming a part of the  
**WALK THIS WAY PROGRAM.**



**Meet up  
WEEKLY FOR SELF-GUIDED  
walking at 3 rotating locations.**

**\*Mondays, 5 - 8 pm  
North Miami Athletic Stadium  
2555 NE 151 Street**

**\* Wednesdays, 5 - 8 pm  
Cagni Park  
13498 NE 8 Avenue**

**\*Fridays, 5 - 8 pm  
Pepper Park  
1255 NW 135 Street**

\* Opportunities to log steps with staff members  
to track your progress and reach 1,000,000 steps

**MARK YOUR  
CALENDAR EVERY  
3<sup>rd</sup> SATURDAY OF THE MONTH  
FAMILY FUN DAY!**

**Saturday, February 15 | 7 - 9 am | Pepper Park  
Saturday, March 15 | 7 - 9 am | NM Athletic Stadium  
Saturday, April 19 | 7 - 9 am | Cagni Park  
Saturday, May 17 | 7 - 9 am | Pepper Park**

**Face Painting**

**Fun Zones**

**Hydration Stations On-Site  
During Walks  
Health and  
Educational Vendors**

**For more information, contact the Parks and Recreation Office at 305-895-9840.**

The City of North Miami does not discriminate on the basis of disability in the admission or access to,  
or treatment or employment in its programs or activities.

northmiamifl.gov/parks

**For additional information or to participate in the Consortium contact us at:**

Tel: 305-278-0442 [www.healthymiamidade.org](http://www.healthymiamidade.org)

To contribute content to the newsletter contact [Amelinda.Ioddo@flhealth.gov](mailto:Amelinda.Ioddo@flhealth.gov)