Make improving your health and wellbeing your goal

There is a wealth of research evidence that highlights the best way to improve your health and wellbeing. Here we highlight some of the key ways to identify your health goals and make them happen.

What matters most?

Identify the changes that would improve your health or the way you feel about yourself. Common goals often include losing weight to improve your mobility, or trying to eat more healthily. Try to identify what matters most to you and would positively impact on your wellbeing then, go for it.

Be SMART

Once you have decided what you want to achieve, think SMART: specific, measurable, achievable, relevant and time-based. For example, you might want to lose weight for a special occasion, or to try to improve low mood over the winter months by exercising more[1].

Take one step at a time

Break your goal down into smaller steps that you can measure along the way to keep on track and stay motivated. For example, if you want to improve your fitness, aim to increase your activity time. Whatever your starting point, set realistic targets along the journey to reaching your ultimate goal[1].

If at first you don't succeed...

Be realistic about meeting your goal and accept you will have challenges along the road. Life can get in the way, as can temptation! Try to remember what you set out to do, and why. If you deviate from your plan, be kind to yourself, and get back on track. Don't give up...

...you can make it happen

1. BHF (2016) How to set goals that work. https://www.bhf.org.uk