

WELCOME TO FIT4LIFE!

Congratulations on starting your journey to a healthier lifestyle for your family. Through the course of the program, you will be learning about small changes that add up to big improvements.

Topic of the Week: **SMART Goals**

The first step is to **Set a goal** to change that behavior. If you want to exercise more, set an achievable exercise goal for the week. Make sure it is one you can achieve, and be specific...how long will you exercise, what days will you exercise, and what kind of exercise will you be doing? Write down your goal and post it where you can see it.



It's also important to **Monitor your progress**. Have a chart or calendar to write down your progress towards your goal. How many minutes did you exercise and on which days?

Don't forget to **Arrange** your world so you can make exercise

easy. You can set out your exercise shoes and coat or set a timer for how long you want to exercise.

Recruit support by letting your family know about the goal you set. You can also recruit support by asking a friend or your family to join you while you exercise.

S – Set a Goal

M – Monitor or Track your progress

A – Arrange your world for success

R – Recruit Support

T – Treat or Reward yourself

Finally, be sure you **Treat yourself** to a non-food related reward for your efforts!



BREAKFAST CASSEROLE

You can make this breakfast casserole on the weekend, and have it as a ready-to-go breakfast on those fast-paced weekday mornings.

INGREDIENTS:

- 2 cups cooked, mixed vegetables
- ½ pound cooked and crumbled turkey sausage, or diced lean ham
- 9 eggs
- ½ cup 1% milk
- 1 ½ tsp salt

DIRECTIONS:

1. Preheat oven to 350
2. Oil a 13X9 casserole pan.
3. Spread meat and veggies evenly in bottom of pan.
4. Scramble eggs, milk, and salt in a separate bowl.
5. Pour scrambled egg mixture over vegetables and meat.
6. Bake in oven for 25-30 minutes until eggs are set in the middle.
7. Allow casserole to cool for 20 minutes, cut into 18 squares.

Different ways to prepare an egg. Try them and see which one you like best!