

My SMART Goals

Set SMART goals that are **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound goals.

Now that you know what your risk factors are, talk with your stroke team or with a doctor to pinpoint a few risks that YOU feel that you can address. The next few pages will give you more information, tools, and ideas to be able to address these factors.

Specific *What EXACTLY do you want to achieve?*

Measurable *How will you know when you've achieved it?*

Attainable *Is it something that you have control over?*

Relevant *Is it applicable to the place you are in your life right now?*

Time-bound *What is your deadline?*

AREA TO ADDRESS	MY SMART GOAL	TIME FRAME	BIGGEST CHALLENGE	POSSIBLE SOLUTIONS
Inactivity	To exercise at least twice a week for 30 min at a time	By the end of the season	I don't like exercising alone	Join an exercise group or go to the gym with a friend
I'm not sure if my blood pressure is high	Log my blood pressure twice a day	For two weeks	I cannot afford or I don't know where to buy a machine	Ask my doctor for prescription

Looking for more information? Visit www.livinghealthychamplain.ca
To register for a FREE Self-Management workshop.

Get Active

Regular exercise helps to lower your blood pressure and blood cholesterol levels. Exercise also helps you to reduce weight, and stay in good health. Here are a few tips to get started:



- **Start slowly.** For example take short walks; slowly increase the length of your walk (as your physical health improves). *Tip: over time, aim for 10,000 steps per day*
- **Involve family and friends in exercise**
- **Try to make exercise a part of every day.** Walk to work, or exercise on your break at lunch time
- **If you are planning to become more physically active than you are now, first check with your doctor**
- **List the activities you like, try to involve them in your everyday life:**

The goal is to achieve at least 150 minute of moderate to vigorous exercise per week in periods of 10 minutes or more

Looking for more information?
Visit <https://heartwise.ottawaheart.ca/>

