January is Goal Setting Month!

Happy New Year and welcome back to the LifeFit Center! As we settle into 2016, it is important to take a moment to set goals for ourselves. Why? Below are some reasons why we should set goals and tips on how we can create them.

- Goals propel us forward
- Goals transform insurmountable mountains into walkable hills
- Goals help us believe in ourselves
- Goals hold us accountable
- Goals tell us what we truly want
- Goals help us live life to the fullest

We can use the mnemonic S.M.A.R.T to help guide us through the goal setting process:

- S = Specific – Define a goal as much as possible and make it detailed; specific goals allow you to focus.
- M = Measurable – Can you track the progress and measure the outcome? Set a goal that allows you to measure success.
- A = Action-Oriented – Does this goal revolve around a behavior? Set a goal you can take action on.
- R = Realistic – Is this goal manageable given your other commitments? Think big, start small.
- T = Timely – Is your goal achievable in the time frame you have? Have you included a time component in your goal?

Parking Reminder!

If you need to renew your membership or parking stickers, please leave your permit in your car. We can give you stickers or a new permit at the Service Desk.

Unless you are a CSULB Employee with an Employee Permit, make sure that you are parking in "Lot 10A Permit Only" spots. You will receive a ticket if you are parked in an "Employee Permit Only" spot.
Greetings LifeFit Members,

The New Year is always an exciting time of new beginnings! Whether you are someone who sets New Year’s resolutions or not, January is a great time to re-visit or re-create your fitness goals and plan ahead.

The intention of setting fitness goals is to provide focused energy that helps you stick to a program and be more effective.

When goal setting, we encourage you to follow a three-step process:

1. Write it down. Putting your goals on paper solidifies your commitment.
2. Say it out loud (to some friends). Sharing your goals increases your ownership of them, and it recruits folks to hold you accountable.
3. Plan ahead. Mapping out the path will help you move toward accomplishing your goals. Weekly, monthly, and yearly goals will help you stay on track.

As you formulate your goals, we recommend that you are as specific as possible and that you use a balance of two different types of goals: outcome and process goals. Outcome goals focus on the desired final product that you would like to accomplish. Process goals are behavioral goals and focus on behavior change and habit formation. Mapping out process goals will provide a method for achieving your outcome goals.

Here is an example of what your goal setting adventure could look like:

- **Outcome goals** target the end product. Example: I will hold a plank for one minute by March 1st, 2016.
- **Process goals** identify a specific behavior during a workout session or a period of time. Example: I will perform a plank hold for as long as I can on Mondays, Wednesdays, and Fridays from now until March 1st.

We wish you the best in achieving your 2016 goals! Let us know how you can be of help.

Dr. Ayla Donlin
LifeFit Center Director

---

**Do you want to do Strength for Living in the afternoon?**

If so, contact LifeFit Assistant Director Emily Sopo at emily.sopo@csulb.edu.