

# PURDUE EXTENSION HHS

## January 2025

### WINTER NEWSLETTER

#### New Year, Now What?

Every year, millions of Americans make New Year's resolutions, but most fail to stick with them. By January 31, only 25% remain committed, and by year-end, less than 10% succeed. To improve your chances, it's crucial to set realistic and actionable goals.

Avoid vague or overly ambitious resolutions like "I'm going to lose 100 pounds." Instead, focus on specific steps, such as "I'll walk 10 minutes daily." A proven framework to guide your resolutions is the SMART method:

**Specific:** Clearly define your goal (e.g., "I want to lose weight by walking daily").

**Measurable:** Track progress ("Walk 10 minutes each day").

**Achievable:** Ensure it's realistic and adaptable ("Use YouTube walking videos in bad weather").

**Relevant:** Connect it to personal benefits ("Walking daily boosts my energy and well-being").

**Time-Bound:** Set a deadline ("Do this for 30 days, then reassess").

This approach works for any goal, not just weight loss. If you didn't make a resolution, it's never too late to start. Apply SMART principles to something you've been meaning to achieve for lasting success.

For a handout on creating SMART goals, contact [cfortney@purdue.edu](mailto:cfortney@purdue.edu) or call 219-866-5741.

Happy New Year, and good luck!

**Carmen Fortney**  
Purdue Extension  
Educator HHS-CED



#### Empowering Girls

The fourth annual Empowering Girls event is scheduled for Sunday February 23, 2025. Come on out for an afternoon of confidence building, fun activities, and food. This year we are including some new activities such as creating vision boards! We hope to see you and bring a friend. This event is open to girls ages 10-18. Register at the link below or scan the QR code.

[https://Registrations.DACdb.com/Register/index.cfm?](https://Registrations.DACdb.com/Register/index.cfm?EventID=77806530&NoCaptcha)

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**PURDUE EXTENSION**



## Paint & "Sip"

On February 8th, come on out to the extension office and join me for fun, relaxation, and painting. We will talk about managing stress and create a masterpiece while putting stress management into practice. So grab a friend, colleague, partner, relative or even come by yourself and register today. The cost of the class is \$15/person and \$25/couple and covers the cost of materials. Refreshments will be served.

Peyton and I created a sample of what we will do that day. As you can see, one of us (me) "messed up". So if you think that you are not artistic enough to take this class, you are! I hope to see you here.  
<https://www.signupgenius.com/.../10C0C4CA4A929A4F9C34...>



Dining with Diabetes is being scheduled for March 1, 8, 15, and 22. We will discuss making healthier meal choices to manage diabetes and will sample recipes each week. You will also learn how to make SMART goals for diabetes management. To express interest in this class please call the office and leave your email address or email me at [cfortney@purdue.edu](mailto:cfortney@purdue.edu). Stay tuned for the registration link.

The cost of the class is \$40 per person/ \$65 per couple.

## Dining With Diabetes

