



Tuesday, January 5, 2021

# Greater Newark Conservancy's Health Tip and Recipe

## What Are Your SMART Goals?

### Happy Healthy Tuesday!

And Happy 2021! Every New Year, I like to write about setting SMART goals, and this year is no exception! Long-time readers will be familiar with SMART goals, but I think it doesn't hurt to revisit this idea.

Many of us start off the new year by making resolutions, some of which may be related to our health – quitting smoking, taking up kickboxing, etc. How often do you make a resolution and then never follow through with it? This can happen if we make our goals too ambitious or too vague. For example, "I am going to stop eating ice cream" is a radical change if ice cream is a big part of your diet. "I am going to eat healthier" is vague without any clear strategies to help you achieve it.

One tool that can help us follow through on the changes we want to implement is the "SMART" goal. SMART stands for:

- Specific** (target a number and a particular part of your lifestyle)
- Measurable** (to help you evaluate your progress)
- Achievable** (take small steps so you don't get discouraged)
- Relevant** (to you, not someone else)
- Timely** (choose a deadline)

For example, if you really like soda, instead of trying to completely cut it out of your diet, a SMART goal could be: "I will replace one cup of soda with water every day for a month." Or, conversely, make a positive SMART goal, such as "I will add one vegetable to my plate every day for a month." Keep track of your progress and evaluate how you did at the end of the month. Once you have mastered it, you can move on to your next health goal! Remember to take small steps and don't give up if you backslide a little. What SMART goals will you set this year? I usually give healthy eating examples, but SMART goals can relate to every aspect of our lives – from increasing physical activity to reducing screen time. Email me ([msweet@citybloom.org](mailto:msweet@citybloom.org)) to let me know your SMART goals! Enjoy this week's very simple way to add more veggies to your diet – you can use any leafy green, but I like spinach because it cooks the fastest!

Wishing you wellness,

P.S. Join us for Second Saturday this Saturday at 11 am in-person at our garden! Face masks and social distancing are required. [Register here!](#)



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Recipe of the Week

## Quick Sautéed Spinach

Adapted from: <https://cooking.nytimes.com/>

Total time: 10 minutes  
Yields: 4 servings

### Ingredients:

- 1/2 pound fresh spinach
- 2 tablespoons olive oil
- 3 cloves garlic, minced (or to taste)
- Salt and freshly ground pepper to taste
- Optional: a sprinkle of crushed red pepper flakes

### Directions:

1. Discard blemished spinach leaves and tough stems. Rinse the spinach and drain well.
2. Heat the oil in a skillet large enough to hold all the spinach. Add the spinach, garlic, salt, and pepper. Cook over high heat, stirring rapidly until the spinach is wilted and most of the moisture has evaporated. Serve immediately. Can refrigerate and reheat as leftovers, as well.
3. Variations: add lemon juice, your favorite vinegar, or other flavors to vary it up!

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