



Set a Goal to Thrive

Being physically and socially active can make your overall quality of life better. The American Heart Association recommends everyone be physically active thirty minutes a day, five times a week.



Setting a goal can help you take some small steps to get some big results. Setting a SMART goal (Specific, Measurable, Achievable, Realistic and Time Based) can help you be successful. You can start small and build up to your goals! Below is an example to get you started.



GOAL: "I want to be healthier."



SPECIFIC: who/what/where/how/when:

"I will take a 15 minute walk three days a week on non-dialysis days around my neighborhood."



MEASURABLE: How will I track my goal? How will I know I've reached my goal?

"I will write the time each day I walk on my calendar every month."



ACHIEVABLE: What do I need to meet my goal? Time? Information? Support?

"I will go farther every week. I will ask a friend to walk with me."



REALISTIC: Why do I want to reach this goal?

"Right now I can walk two blocks without getting tired, I want to be able to walk four blocks."



TIME BASED: I will reach my goal by _____.

"I will be able to walk for 15 minutes three times a week one month from today. "



Before getting started, talk to your doctor about how to safely start increasing your physical activity.

For more information or to file a grievance please contact the Heartland Kidney Network at: **920 Main Street, Suite 801, Kansas City, MO 64105 • Toll-free Patient Line (800) 444-9965 • net12@nw12.esrd.net • heartlandkidney.org**