



Well onTarget®

Health Kit | January 2020

# Hello!

## Here is your Health Kit for January 2020.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

It's a new year, which means most people will be setting new goals and starting fresh. In this month's Health Kit, you'll find information and tools to help set you up for success in reaching your goals.

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### Poster

Check out this month's poster for details on how to set SMART goals.

[Download Poster](#)

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### Brain Game

Complete this crossword puzzle to find words associated with ringing in the New Year.

[Download Game](#)

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## Recipe

Start the New Year off right with this fiber-filled black-eyed pea salad!

[Download Recipe](#)

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## Coaching Moment: Setting SMART Goals

This month, Coach Barbara challenges you to be SMART when setting your New Year's goals.

[Watch Video](#)

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## 90-Second Video: Setting Small Goals

Watch this short video to learn why setting smaller, more realistic goals is important.

[Watch Video](#)

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## Podcast: Why Your New Year's Resolutions Fail

Listen to this podcast to learn why 80 percent of New Year's resolutions fail by February.

[Listen](#)

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### Additional Information:

[Find out More About Setting SMART Goals](#)

### Coming up...

Tune in next month for information and tips on how taking a digital detox can be good for your health.