







Keeping you connected to important health updates, upcoming classes and helpful resources



started prior. This year, make your health and wellness a top priority by taking small, achievable steps toward big changes. Every effort, no matter how small, makes a difference. So, hit the reset button, recharge your health, and renew your pledge to self-care!

Happy New Year! As you reflect on the joy of the holidays, embrace 2025 with new

hope and excitement! It's the perfect time to set new goals or build on the ones you





your goals.









Health Educator Ines Herrera answers some of your questions about goal-setting and shares a well-known strategy that was developed in the 1980s known by the acronym SMART. This method helps you organize your time and may require you to say 'no' to activities that don't assist in meeting your goals for the year.

SET YOUR SMART GOALS How helpful is it to set small goals for yourself? Specific

doing the right amount.

accomplish, keeping your lifestyle

Provide a way to check that you are

Measurable

Achievable Consider if they are possible to

State exactly what you will do.

Relevant Make sense for assisting you in

in mind.

Time-bound Give yourself a time frame, date or time to accomplish these tasks.

reaching your overall goal.

SPECIFIC

can use SMART:

your excitement and gives you a sense of accomplishment as

The Centers for Disease Control

(CDC) suggests that setting small

makes reaching bigger goals feel

more manageable. It helps boost

goals can be helpful because it

you complete each step. When you set "SMART" goals (Specific, Measurable, Achievable, Relevant, and Time-bound), you're more likely to stay on track and continue making progress. Can I use SMART for any type of goal? Yes, you can use the SMART method for almost any goal, whether it's personal, professional, or creative. For example, if you're setting a health goal, here's how you

Weight Loss

"I will lose 1-2

Lose 1-2 pounds.

SMART 5 servings of fruits minutes of cardio pounds per week for the next 6 weeks." and vegetables each exercise 3 times a **GOALS** day for the next 30 week for the next 4 weeks." days."

Exercise

"I will complete 30

30 minutes

Nutrition

"I will eat at least

Eat 5 servings daily.

	SPECIFIC	Eat 5 servings daily.	of cardio.	Lose 1-2 pounds.
	MEASURABLE	Track servings.	Track sessions.	Track weekly progress.
	ACHIEVABLE	Manageable target.	3 times a week.	Safe rate of weight loss.
	RELEVANT	Supports a healthy diet.	Improves fitness.	Supports long-term health.
	TIME-BOUND	Achieve this for 30 days.	Complete within 4 weeks.	Achieve within 6 weeks.
Sources: https://med.stanford.edu/content/dam/sm/s-spire/documents/How-to-write-SMART-Goals-v2.pdf, https://www.cdc.gov Ines Herrera Health Educator				
Ines Herrera is a highly motivated health educator with a passion for improving the well-being of our members. She has more than 7 years of experience in health education and enjoys encouraging			Helping members to recognize their own potential to stay healthy is my passion. I am dedicated to making my community healthier and happier	

the New Yer with this citrusy tuna salad What's in season in January? Citrus! Meyer lemons, regular lemons, limes, mandarin

served with crispy plantain chips called chifles.

individuals to focus on prevention. Ines is

an ally to our members with an excellent record of commitment to serving diverse

populations. She is passionate about helping our members stay healthy and

live life to the fullest.



through education and perseverance.

~ Ines Herrera

Don't let these fun New Year celebrations slither away!

Lunar New Year is here, and

we'll see you there!

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Mark your calendars and join us! We will be attending the Lunar New Year

festivals all throughout SoCal to celebrate the Year of the Snake!

oranges, navel oranges, and Texas ruby red grapefruit are all in season, ready to add

in many seaside regions of Latin America, ceviche (pronounced seh-VEE-cheh) is

your menu. Traditionally prepared with very fresh raw fish "cooked" in lime juice,

flavor, but if you prefer, you can substitute tomatoes. In South America, ceviche is

some zest to your recipes. How about trying this refreshing citrusy tuna salad? Popular

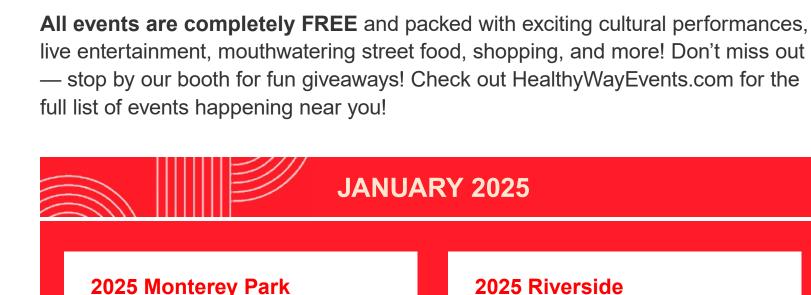
enjoyed as a light lunch or appetizer — a flavorful way to add heart-healthy seafood to

ceviche made with canned tuna is safe to eat. The tomatillos offer a unique citrus-like

Get the full recipe here!

Get the full zesty recipe here: https://www.eatright.org/recipes/salads/citrusy-tuna-salad

Year of the Snake fun fact It's been said that people born in the Year of the Snake are mysterious and cautious, but carry wisdom, determination, and passion in their hearts.



Lunar New Year Festival

Saturday, January 18

2025

click here.

JANUARY 2025

Sunday, January 19 For more info, click here.

2025 San Diego Tét Festival

2025 Riverside

Sat., February 1

click here.

For more info, **click here**.

Lunar New Year Festival

Saturday, January 25

Sunday, January 26

2025

Eastvale

click here.

Lantern Festival Sat., February 15 Sun., February 16 For more info,

FEBRUARY 2025

Sun., February 2 For more info, For more info.

San Gabriel Lantern Festival Sat., February 1 Sun., February 2