

SMART Goals for Health

<p>S Specific</p>	<p>Engage in 30 minutes of moderate-intensity physical activity five days a week.</p>
<p>M Measurable</p>	<p>Track your activities using a fitness tracker or mobile application.</p>
<p>A Achievable</p>	<p>Begin with less strenuous exercises like brisk walking or swimming, and gradually increase intensity as your fitness improves.</p>
<p>R Relevant</p>	<p>Regular exercise is critical for overall physical health, weight management, and stress reduction.</p>
<p>T Timely</p>	<p>Achieve consistency in your workout routine within the next two months.</p>

Smart Exercise

L Darling-Hammond



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