

Parents and swimmers alike, when it comes to setting goals and making New Year resolutions you have to think small to gain BIG!

**Swimmers:** Whether you want a best time at state or just to qualify you need to focus on small daily goals to achieve your state aspirations.

👉 Nutrition: These monthly newsletters are intended to educate but also Coach Mike's subtle reminder that you must keep a focus on good nutrition. Start small, pick the easiest meal to improve. High school swimmers you may have more control over your lunch than what mom and dad cook, so start by surveying what you usually choose do a double check to make sure you are eating the healthiest option. Parents, for your young swimmers, snacks are a great place to start. Give your children healthy choices, but give them a couple of options so they feel in control and proud of their healthy choice. (see Record Keeping for more info)

👉 Hydration: In the colder months it is easy to forget to hydrate throughout the day resulting in poor hydration during practice.

Set daily goals to drink water.

👉 Physical performance: This is Coach Mike's area of expertise. However, keep in mind athletic performance is a result of getting back what you put into it.

**Parents:** One of the best ways you can teach your children a healthy lifestyle is by example. If your lifestyle could be healthier start this year and follow some of these simple steps toward a healthier you:

- ✓ Make specific goals: Instead of saying, "I want to start working out more," say, "I will do 30 minutes of physical activity per day."
- ✓ Limit yourself: Stick to one resolution instead of a few.
- ✓ Post reminders: Hang up a written reminder of your resolution in a visible place.
- ✓ Take action: Sign up for a gym membership or start adding more fruits and veggies to your meal plan immediately.
- ✓ Start making healthy choices: If your goal is to eat less "junk food," find a healthy snack you enjoy instead.

### **Write it down!**

All too often we set a goal in our head which is all too easily forgotten. Start a goal notebook, sheet or calendar,

anything to put the goal in black and white. Writing down goals offers as a reminder but also helps you define the goal. Attached you will find a sample goal sheet, make modifications so that this tool will work for you and your family.

### **Record Keeping**

Writing down goals are critical for success. Keeping notes is also valuable when it comes to knowing your nutrition. Here are four reasons why you should start journaling your meals:

1. It shows that what you think and what you eat aren't always the same. Keeping a food journal will give you an increased self-awareness of what you eat.
2. It reveals gaps in your nutrition. Journaling your food helps you determine whether you are meeting your protein, carbohydrate and fat needs each day and helps you stay on top of hydration.
3. It's a powerful tool for you and me... If you'd like me to offer suggestions to better improve your nutrition, I need to know what you are eating and drinking currently.
4. The journal will provide critical information on your performance. Your journal will allow you to draw a direct line between your nutrition and your performance.

Keep in mind there is no perfect way to keep a food journal. Just start writing down what you eat, how much you eat, the water you drink, the candy/gum and snacks between meals... You will begin to pay closer attention and your journal will evolve to be a useful tool to create improvement in your nutrition. You can even try an app for your phone, there are plenty free ones... won't hurt to try it out.

**"A dream is just a dream.  
A goal is a dream with  
a plan and a deadline."  
- Harvey Mackay -**

**Monthly challenge:**

Teenage Athlete- Keep a food journal. Print the "goals sheet" and give it a try.

Parents – Start with you. You have to take good care of yourself to take good care of your children. Take note of your lifestyle and set goals to be a good example for your kids.