

Small Steps to Health and Wealth



Presented by
Barbara Haynes, UW Extension Family Living
Shelley Tidemann, UW Extension Family Living

Objectives

Identify similarities between health and wealth issues

Define goal setting using the SMART goal model

Identify a personal health and wealth goal

Set an action plan to reach the goals.



Steps to Getting Started

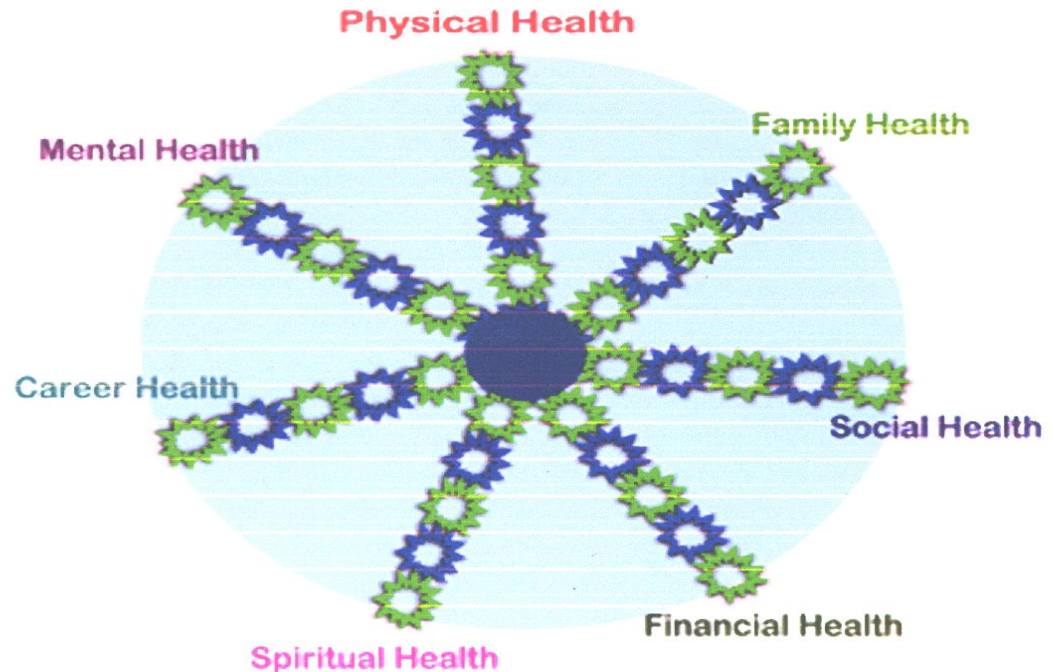
- Do you currently have a health or wealth goal?
- If so, have you written it down?

Small Steps to Health and Wealth Overview

- *Many Americans today have health and personal finance “issues” such as obesity, diabetes, low savings rates, and high household debt. Yet, health and finances are generally treated as separate topic areas.*

How is Your Wellness & Quality of Life?

Wellness Wheel



Your Wellness, or Quality of Life, effects everything you do and everyone you know. Use this worksheet to view your overall Wellness. The farther you mark from the center the better you feel about that aspect of your life.

Then connect your marks. The "rounder" your marks the more balanced your life.

SMART Goals

S = Specific

M = Measurable

A = Action

R = Realistic

T = Time Bound



Health and Finance “Issues” Similarities

Problems develop gradually

Less stigma due to increasing frequency

Impacts job productivity, discrimination

Lots of technical jargon

- Medical terms and directions
- Financial terms and acronyms



More **Similarities** Health and Finance “Issues”

Need for programs in schools & at work sites

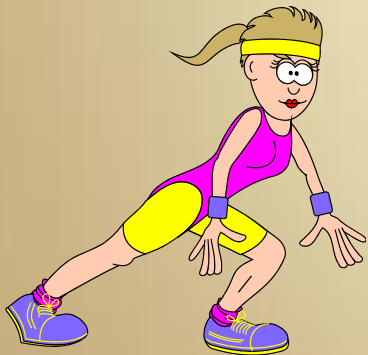
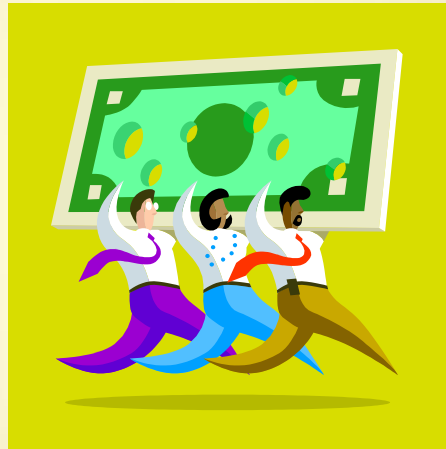
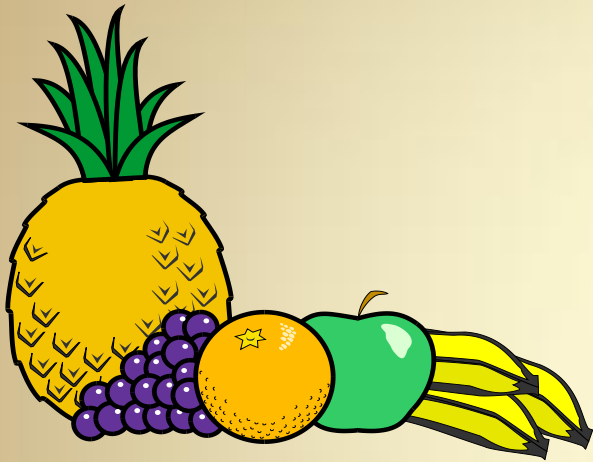
Advice needs to be realistic

People want quick fixes; targets for fraud

Denial and disconnects



Small Steps to Health & Wealth: How to Overcome Obstacles



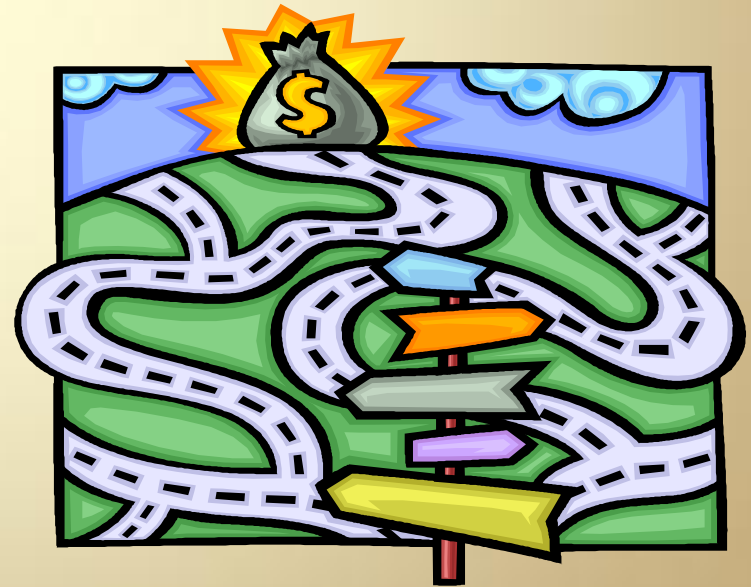
Strategies

- * **Track Your Current Behavior**
- * **Put Your Mind to It**
- * **Think Balance- Not Sacrifice**
- * **Get Help and Be Accountable**
- * **Set a Date and Get Started...**

Just Do It!

Make Progress Everyday: Action Steps We Can All Start With

Any small step to improve your health or increase your wealth is better than doing nothing!



Credits

Information adapted from materials developed by Barbara O'Neill, Ph.D. Extension Specialist in Financial Resource Management, Rutgers Cooperative Extension

Karen Ensle, Ed.D., RD Family and Consumer Health Sciences Educator, Rutgers Cooperative Extension