

Get Yourself Ready



Canoe Culture at Klahoose

Canoe meetings have begun! Every second Monday at 11:00am -next meeting is February 5th. If you are interested in participating in this year's Pull to Puyallup, these meetings are a must! Can't join us on site? Download the notes or recordings and stay in the loop for what is being planned. Culture nights continue so that songs and dances can be taught and learned, and a new evening program for regalia making will start soon. Awaken the Canoes is scheduled for May 18-21 in Squirrel Cove. If you haven't been in our canoe but are interested in participating or volunteering, please contact Jodi. Food Safe Training is being offered on Monday, Feb 19th at 10:00am.

1

FITBIT CHALLENGE

Get your runners out! It is 711,480 steps from Squirrel Cove to Puyallup!

2

FOOD SAFE TRAINING

Monday, Feb 19
10:00am-3:00pm

3

AWAKEN THE CANOES

VOLUNTEER
COMMUNITY LEADER
NEEDED



FitBit Challenge

Register with
Caroline

Track your Progress



Jot down your steps
steps everyday and
at the end of the
week give them to
Caroline.

Be the first to reach 539 KM -

the distance between
Squirrel Cove & Puyallup
and win one night stay in
Puyallup during TJ!



Setting SMART Goals

Over two hundred nautical miles separates Squirrel Cove from Puyallup Washington where our canoe will land this summer for the annual Tribal Journeys celebration.

But how can we ensure our crews are prepared for the physical toll being on the water for roughly two weeks will take on our bodies? Its time for a new way to frame this challenge using SMART goal setting and planning.

Everyone's goals can be different, but they should all be designed to meet the following guidelines - you'll be surprised at what a difference this makes!

1 Specific. Your goal should be clear and easy to understand. A common goal, "get healthy," is too general.

There are so many ways to get healthy. How do you want to do it? Is it losing weight? Start exercising? Stop smoking? Break it down and it will be easier to manage. Let's pick weight loss and make a SMART goal out of it together. For example, "I will lose weight."

2 Measurable. A goal to "lose weight" is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number.

3 Attainable. Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is also not very

motivating. Only you know your limits. Let's take our goal above. What percentage is attainable for you? Research suggests that a 5-10% weight loss is attainable for most overweight people. A measurable, attainable goal could be, "I will lose 7% of my body weight."

4 Realistic. Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain-that isn't very motivating. Examine our goal so far. Does it seem relevant to you? If so, let's keep going. If you are not concerned about weight loss or this is not a good time in your life to focus on that, choose something that IS motivating to you.



5 Time-sensitive. Include an end-point. Knowing that you have a deadline motivates you to get started. Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly. For our example we can use 3 months. "I will lose 7% of my body weight in 3 months."

Now we have a SMART goal! With a goal like this, it's a good idea to set a few more action-oriented SMART goals so that you have a game plan. Here are a few examples:

- I will walk 5 days every week for 30 minutes each.
- I will drink water instead of soda every day this week.

Becoming a better version of you starts by being SMART!