



# Jumpstart Your Health Journey with S.M.A.R.T Goals!

Whatever your health goals for 2024—from reducing stress to exercising regularly—setting them the SMART way can be your game-changer! Here's how:

- S** **Be Specific**  
Get laser-focused! Know exactly what you want, so you can cook up the perfect plan to make it happen.
- M** **Make it Measurable**  
Turn those goals into your personal scoreboard. Whether it's shedding pounds or gaining muscle, track that progress!
- A** **Keep it Achievable**  
Dream big but keep it real. Setting goals that are doable ensures your motivation stays in the marathon, not a sprint.
- R** **Keep it Relevant**  
Your goal should be your vibe. Choose something that aligns with your interests and passions.
- T** **Time-Bound**  
Give your goals a deadline. Deadlines help us with staying on track and keeping the momentum alive!

**If pesky aches and pains are keeping you from achieving any of your health goals, SimpleTherapy is here to help you kick discomfort to the curb.**

## Get started today!

- Download the SimpleTherapy app
- Enter your employer's name
- Enter your date of birth