

# Can Individuals Meet Multiple Physical Activity and Dietary Behavior Goals?

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**Objectives:** To examine whether participants with the most behavioral goals to achieve were more likely to meet more goals than those given fewer goals. **Methods:** Eight hundred ten participants were randomly assigned to advice-only, established guidelines for blood pressure control (reduced sodium, increased physical activity), or established guidelines plus the DASH diet (increased fruits, vegetables, low-fat dairy, reduced

fat). **Results:** At 6 months, 11.7% of Advice-Only, 19.3% of Established, and 44.6% of Established plus DASH met at least 3 goals ( $P<0.0001$ ). At 18 months, 33.5% of Established plus DASH met at least 3 goals. **Conclusions:** Those with the most goals to achieve reached the most goals.

**Key words:** health behaviors, physical activity, DASH dietary pattern, blood pressure

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