

# 7 TIPS FOR MAKING EXERCISE A HABIT



## 1

### USE CONSISTENT CUES

- Triggers, like workout clothes or sneakers, prompt exercise automatically.
- Pair exercise with daily routines (e.g., walk after meals).

## 2

### MAINTAIN CONSISTENT TIME AND SETTING

- Exercise at the same time and place to build mental and physical associations.
- Examples: Jog in the park every morning or take a walk during lunch breaks.

## 3

### START SIMPLE AND CONSISTENT

- Focus on repeating a basic routine, like a 20-minute walk, daily.
- Add variety once the habit is solidified to prevent boredom.

## 4

### FOCUS ON INTRINSIC REWARDS

- Highlight the immediate benefits: mood boost, stress relief, energy, and accomplishment.
- Choose activities you enjoy (e.g., nature walks, music-driven workouts).

## 5

### MAKE IT SOCIAL

- Exercise with friends, join fitness groups, or classes to stay accountable.
- Social interactions foster motivation and improve adherence.

## 6

### HAVE A PLAN B

- Prepare alternatives for obstacles (e.g., indoor workouts for bad weather).
- Stay flexible to maintain the habit even when routines are disrupted.

## 7

### ALLOW FREE PASSES

- Missing one or two workouts won't ruin progress—focus on long-term consistency.
- Avoid perfectionism; resume as soon as possible after a missed session.



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# Habit Building Tricks

**Arthur Holmes**



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