

# 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.



FAMILY & COMMUNITY HEALTH



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# Exercise Habit

**Tao Wei**



**Exercise Habit:**

This book delves into Exercise Habit. Exercise Habit is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Exercise Habit, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Exercise Habit
- Chapter 2: Essential Elements of Exercise Habit
- Chapter 3: Exercise Habit in Everyday Life
- Chapter 4: Exercise Habit in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Exercise Habit. The first chapter will explore what Exercise Habit is, why Exercise Habit is vital, and how to effectively learn about Exercise Habit.

3. In chapter 2, the author will delve into the foundational concepts of Exercise Habit. The second chapter will elucidate the essential principles that need to be understood to grasp Exercise Habit in its entirety.

4. In chapter 3, the author will examine the practical applications of Exercise Habit in daily life. This chapter will showcase real-world examples of how Exercise Habit can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Exercise Habit in specific contexts. This chapter will explore how Exercise Habit is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Exercise Habit. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Exercise Habit.

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