

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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radiographic testing of welded joints en 1435 - May 12 2023

web en 1435 october 1997 a1 may 2002 ics 25 160 40 english version non destructive testing of welds radiographic testing of welded joints includes amendment a1 2002 contrôle non destructif des assem blages soudés contrôle par radio graphie des assemblages soudés amendement a1 2002 inclus

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web İptal standard tÜrk standardi ts no ts en iso 17636 1 kabul tarihi 12 06 2013 İptal tarihi 30 09 2022 hazırlık grubu teknik kurul doküman tipi yürürlük durumu ts 5127 en 1435 2002 ts en 1435 a1 2006 ts en 1435 a2 2006 yerine geçen ts en iso 17636 1 2022 yararlanılan kaynak

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web standard swedish standard ss en 1435 non destructive examination of welds radiographic examination of welded joints status withdrawn replaced by ss en iso 17636 2 2013 ss en iso 17636 1 2013 ss en iso 17636 2 2013 ss en iso 17636 1 2013 amended by ss en 1435 a2 2004 ss en 1435 a1 preview this standard scope

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