

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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The Exercise Habit James Gavin, 1992 The author shows readers how to tailor their fitness regimens to such elements as temperament self image and lifestyle enabling them to design their own exercise programs and stick to them

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Exercise Every Day Mark Crosby,2020-02-26 Habits are the foundation of your failures as well as successes Mostly people associate habits with wrong connotations such as a drug habit or a drinking habit or some such thing Yes these are also habits bad habits that form the basis of your failures However daily habits are of the good type as well such as exercising working every day to ensure deadlines are not missed sticking to set schedules making and implementing timetables for work etc These good habits form the basis for your successes When habits are so powerful doesn t it make sense to develop good sensible ones that are productive for your life and discard those that are counterproductive to your life Isn t it a great idea to use the power of habits in your daily life You can leverage the power of habits to stop overeating and or exercising every day i e develop an exercise habit A habit ingrained in your psyche becomes an integral and inseparable part of you whether you like it or not That is why people struggle to build good habits and struggle even harder to give up bad habits Breaking bad

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In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Exercise Habit**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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