

CREATE HABITS THAT STICK.

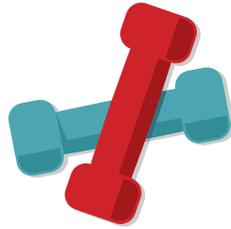
It's as easy as 1-2-3.

The science is in: Your brain can be trained to build habits. **Just include these three steps to create habits that stick:**

CUE

A cue is a reminder to act on your habit. It jogs your memory.

Example: If you hope to make a habit of maintaining muscle tone in your arms, leave hand weights on your sofa where you'll see them.



ROUTINE

Choose a small, achievable version of your habit to start with. Make sure that it's something you like, so that it's easily repeatable.

Example: To build a walking habit, start with a short 15-minute route instead of an ambitious hour-long hike. Invite a friend to join you!



REWARD

This third step is crucial. Positive emotions make habits stick. So have fun while you do your new activity, or associate it with a reward.

Example: If your new habit is core strengthening, try "temptation bundling." Reserve watching your favorite TV show for when you exercise.



Build a "habit loop."

Repeating these three steps – **cue, routine and reward** – will help you maintain your habit.



Missed a day? It's an opportunity!

Give yourself another chance. Change your cue, routine or reward until your habit sticks.



Get tips from your very own "Habit Coach."

Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!