

# MAKE MOVEMENT A HABIT.

Tips to get active – and stay active.

## Choose the right kind of movement.

Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!



## Start small: Stepping stones, not boulders.

Don't set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.



## Choose a cue. We all need a reminder.

A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that's a cue.



## 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!

## Reinforce the habit. Make it rewarding.

Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!

