

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!