

# GETFIT CHALLENGE

# BEFIT CHALLENGE

## Forming Good Habits

Success in walking for wellness requires forming good habits...as does success in all our fitness routines. See how to form good habits below. This can be applied to any area of your life.

- IT TAKES 3-4 WEEKS TO CREATE A HABIT.
- TRY TO WALK EVERY DAY, FOR AT LEAST 30 DAYS, TO MAKE THE HABIT AUTOMATIC.
- KEEP IT SIMPLE. START OUT WALKING FOR 10 MINUTES AT A TIME, 15 MINUTES, 20 MINUTES .....
- WALK AT THE SAME TIME, THE SAME PLACE, EACH DAY.
- GET A WALKING "BUDDY".
- FORM A RITUAL, A TRIGGER, THAT YOU DO EACH DAY BEFORE WALKING, I.E., HAVE A GLASS OF WATER AND THEN LACE UP YOUR SHOES.
- BE IMPERFECT. ALLOW YOURSELF SOME LATITUDE, LETTING GO OF THE SELF JUDGEMENTS AND NEGATIVE SELF TALK.
- USE "BUT". WHEN A NEGATIVE THOUGHT STARTS, USE THE WORD BUT TO INTERRUPT THE NEGATIVE FLOW. EXAMPLE: THIS IS A DRAG BUT IN ANOTHER TWO WEEKS IT WILL BE SO MUCH EASIER.
- ASSOCIATE WITH ROLE MODELS. YOU BECOME WHO/WHAT YOU SPEND YOUR TIME AROUND.
- USE THIS NEW ROUTINE AS AN EXPERIMENT. EXPERIMENTS DO NOT FAIL, THEY PROVIDE INFORMATION. VISUALIZE YOURSELF SITTING AROUND AND THEN VISUALIZE YOURSELF PUTTING ON Your SHOES IN A POSITIVE MOOD. IMAGINE YOURSELF, WALKING, BREATHING DEEPLY AND SMILING.
- WRITE DOWN YOUR GOAL, YOUR PLAN AND YOUR RESOLUTION.
- KNOW THE BENEFITS OF WALKING. READ ABOUT WALKING, NOTICE THE CHANGES IN YOUR ENERGY, MOOD AND MOTIVATION.
- KNOW THE PAIN. BE AWARE OF THE DOWNSIDE OF NOT WALKING ...THIS WILL ADD TO YOUR MOTIVATION.
- MAKE A CHANGE FOR YOURSELF. TOOL YOUR GOALS TOWARD THINGS THAT MOTIVATE YOU.