

10 WAYS TO MAKE EXERCISE A HABIT

MOTIVATION

Keep motivated to persist for some time before the habit forms



BENEFITS

Avoid slumps by focusing on the benefits you are getting from exercise



MISSED SESSIONS

Try to cancel out the effect of a missed session by fitting in another activity that week



FREQUENCY

Frequent early repetitions seem to help build automaticity



VARIETY

Include a range of activities within your week. Try something different



GOALS

Set some process, outcome and performance goals

HEALTH

Don't forget about nutrition and sleep. Eat a well balanced diet and get between 7-9hrs sleep



MONITOR

Log or monitor your weekly activities.



REWARD

Reward yourself every so often. Be proud of what you are achieving



HABITS

Start to develop several smaller habits such as waking up early to exercise or taking gym clothes to work

