



Habits

MOTIVATION, TRIGGERS AND
ROUTINES

What's the Plan?

Have a nutrition or fitness habit you have been trying to make or break?

Studies have shown it takes an average of 66 days to make a new habit stick!



Make or Break?



Have a habit you need to break?
The same time applies. It can take just as long to break a habit as it can to form a new one.



Sometimes it's easier to break a bad habit when you are replacing it with a good one.



Have a habit your are working on?



Habits are something we do without even thinking about it



Set your intentions

Cues

A cue indicates the reward is close, which triggers a craving for the reward, which leads to a response (which is the habit), which generates the reward.

It's important to understand these parts when working on making or breaking habits.

What are some nutrition or fitness cues you have?



“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

-Socrates



Negative and Positive

Take a moment to think about your cues. They are happening constantly all day.

What do you think of first, positive or negative cues?

It's common for people to think of a negative cue first.

Challenge yourself to think of a positive cue.

Rewards

Identify the Reward

- ❖ The reward is what drives the cravings
- ❖ Identify the reward, understand the cravings

The Change

First: Address the Reward

- ❖ Take a moment to answer the question: When working on a habit change, what does success mean to you?
- ❖ Having a clearly defined reward can help when trying to build a new habit. Everyone will have a different reward, which is dependent on their definition of success.
- ❖ So, you need to identify the immediate reward, but also have a long term reward that you are looking to achieve.
- ❖ So back to the example: if you want change your habit of snacking on sugary foods. How do you do that?



Modify the Response

Make a plan

- ❖ It satisfies the craving with a new response
- ❖ Achieve the same reward.
- ❖ You have changed the pattern.
- ❖ Taking the time to make a plan, set goals and identify rewards will help you to be successful.

Getting Habits to Stick

It can be challenging to get new habits to stick in the beginning

Using simple reminders and tasks can help them stick in the initial period so it becomes easier later

Refer to the list of tips and tricks for some ideas!



When trying to add in a new habit,
allow yourself some time.

If you try and rush the process you
might end up burnt out, frustrated
and discouraged

Instead, go slow.
Give yourself time to adjust and adapt
to the new routine.



Change Takes Time

"It does not matter how slowly you
go, as long as you do not stop."

Reflecting and Renewing



Weekends are a great time to take a break from the day-to-day, but also a great time to reflect on the week past and the week ahead.



How did your week go? Were you successful at implementing your habit changes? Did you have challenges? Anything you could modify or improve? What will you change for next week?



The weekend can pose their own challenges, since there isn't always a set routine.

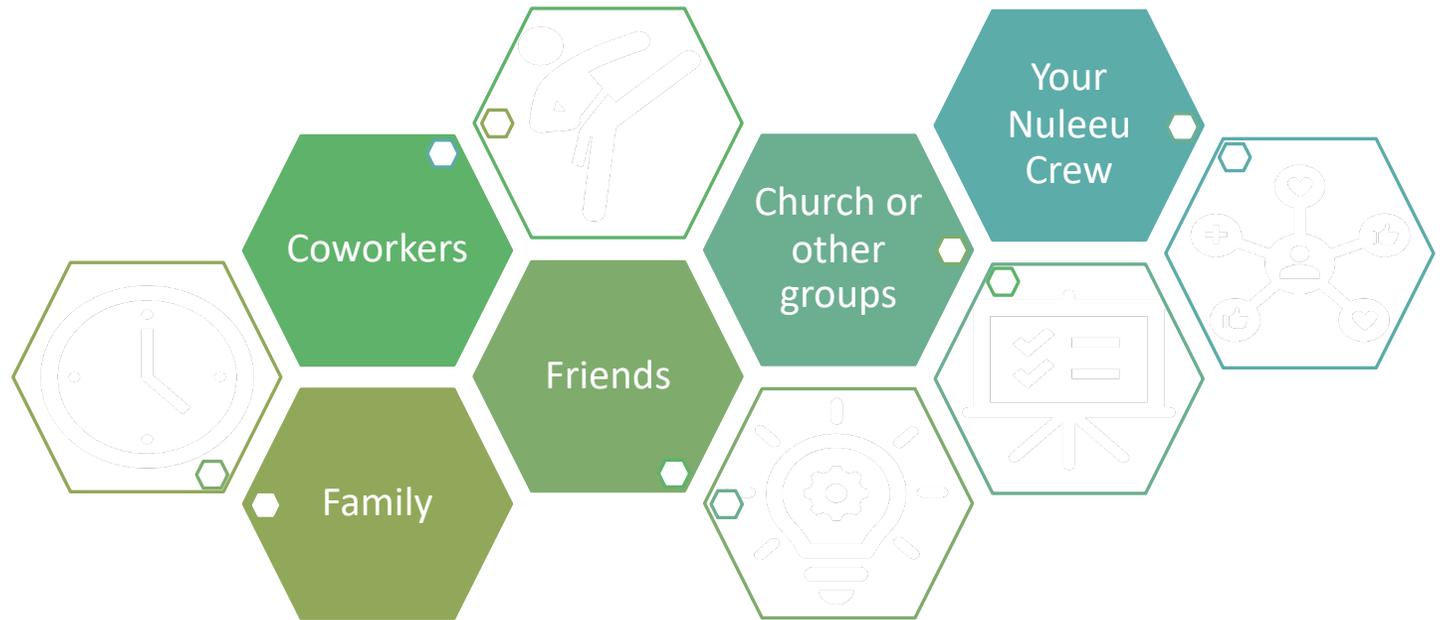


Do you expect any challenges to come with the weekend? Events, activities or tasks that can create obstacles to sticking to a plan?



Taking time to plan ahead can help prevent anything from stopping your success.

Identify Support and Barriers



Set-up for Success

Make Plans

Create Goals

Track Progress

Daily Tracking

Accountability

Support

Patience



Change Takes Time

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Catalyst for Change

Have you heard about the weight loss ripple effect?

A recent study showed that participants in a weight loss program positively influenced their significant other to start making their own improved choices.

This study was specifically looking at weight loss, but researchers believed this could also influence other aspects of health as well.

So, being consistent in working towards your goal will probably help the people around you move towards better choices too!

Start the ripple!

Amy A. Gorin, Erin M. Lenz, Talea Cornelius, Tania Huedo-Medina, Alexis C. Wojtanowski, Gary D. Foster. Randomized Controlled Trial Examining the Ripple Effect of a Nationally Available Weight Management Program on Untreated Spouses. *Obesity*, 2018; DOI: 10.1002/oby.22098

A high-speed photograph of a single water droplet suspended in mid-air above a pool of water. The droplet is perfectly spherical and reflects the surrounding light. Below it, the water surface is disturbed, creating a series of concentric ripples that spread outwards. The background is a soft, out-of-focus blue gradient.

Start the Ripple