

# 7 TIPS FOR MAKING EXERCISE A HABIT



1

## USE CONSISTENT CUES

- Triggers, like workout clothes or sneakers, prompt exercise automatically.
- Pair exercise with daily routines (e.g., walk after meals).

2

## MAINTAIN CONSISTENT TIME AND SETTING

- Exercise at the same time and place to build mental and physical associations.
- Examples: Jog in the park every morning or take a walk during lunch breaks.

3

## START SIMPLE AND CONSISTENT

- Focus on repeating a basic routine, like a 20-minute walk, daily.
- Add variety once the habit is solidified to prevent boredom.

4

## FOCUS ON INTRINSIC REWARDS

- Highlight the immediate benefits: mood boost, stress relief, energy, and accomplishment.
- Choose activities you enjoy (e.g., nature walks, music-driven workouts).

5

## MAKE IT SOCIAL

- Exercise with friends, join fitness groups, or classes to stay accountable.
- Social interactions foster motivation and improve adherence.

6

## HAVE A PLAN B

- Prepare alternatives for obstacles (e.g., indoor workouts for bad weather).
- Stay flexible to maintain the habit even when routines are disrupted.

7

## ALLOW FREE PASSES

- Missing one or two workouts won't ruin progress—focus on long-term consistency.
- Avoid perfectionism; resume as soon as possible after a missed session.



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# Habit Building Tricks

**Sergio Rijo**



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## **Table of Contents Habit Building Tricks**

1. Understanding the eBook Habit Building Tricks
  - The Rise of Digital Reading Habit Building Tricks
  - Advantages of eBooks Over Traditional Books
2. Identifying Habit Building Tricks
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Habit Building Tricks
  - User-Friendly Interface
4. Exploring eBook Recommendations from Habit Building Tricks
  - Personalized Recommendations
  - Habit Building Tricks User Reviews and Ratings
  - Habit Building Tricks and Bestseller Lists
5. Accessing Habit Building Tricks Free and Paid eBooks

- Habit Building Tricks Public Domain eBooks
- Habit Building Tricks eBook Subscription Services
- Habit Building Tricks Budget-Friendly Options
- 6. Navigating Habit Building Tricks eBook Formats
  - ePub, PDF, MOBI, and More
  - Habit Building Tricks Compatibility with Devices
  - Habit Building Tricks Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Habit Building Tricks
  - Highlighting and Note-Taking Habit Building Tricks
  - Interactive Elements Habit Building Tricks
- 8. Staying Engaged with Habit Building Tricks
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Habit Building Tricks
- 9. Balancing eBooks and Physical Books Habit Building Tricks
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Habit Building Tricks
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Habit Building Tricks
  - Setting Reading Goals Habit Building Tricks
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Habit Building Tricks
  - Fact-Checking eBook Content of Habit Building Tricks
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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