**Steps to Building Healthy Habits**

It’s as easy as 1-2-3.

**National Walking Day is April 3, 2024.** Walking is an easy way to benefit your body, heart and mind. Why not start a walking habit?

**Cue**
A cue is a reminder to act on your habit. It joggs your memory.

**Example:** To cue a walking habit, leave your athletic shoes by the front door where you’ll see them.

**Routine**
Start with a small, enjoyable version of your habit. Make sure it’s easily repeatable.

**Example:** Start with a short 15-minute walk instead of an ambitious hour-long hike. Invite a friend to join too!

**Reward**
Positive feedback matters. Have fun with your new activity, or follow it with a reward.

**Example:** Reserve listening to your favorite podcast for when you take your walks.

Build a “habit loop.”
Repeating these three steps – cue, routine and reward – will help you maintain your habit.

**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!

**Lace up for National Walking Day on April 3.**
When you hit your stride on April 3, share a pic of your walk or sneakers on social media.

(And yes, Fido is welcome to photo-bomb!) Use the hashtag #NationalWalkingDay.