MAKE MOVEMENT A HABIT.
Tips to get active – and stay active.

Choose the right kind of movement.
Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!

Choose a cue.
We all need a reminder.
A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that’s a cue.

Start small:
Stepping stones, not boulders.
Don’t set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.

Reinforce the habit.
Make it rewarding.
Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!

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!