

Habits

Critical Concept:

It takes a minimum of 21 days of repeated behavior to form a habit. Reaching fitness and wellness goals and the continued maintenance of fitness levels are the result of forming healthful habits that will last a lifetime.

<p>Food For Thought... What good habits do you already have? Or, what are good habits someone you know has?</p>	<p>Make a list of your good habits. Here are some common examples:</p> <ul style="list-style-type: none"> • I eat whole grain cereal or fruit every morning. • I walk my dog every day after dinner. • I thank the bus driver every time I get off the bus. • I shake hands with my neighbor when I see him/her.
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Change your environment – to recreate yourself.

Eating potato chips every day for lunch is a habit that works against fitness and wellness goals. In this case, you need to change the environment rather than change yourself. The environment to be changed is your lunch tray or lunch bag. Instead of placing potato chips on your tray – try a piece of fruit! Or, maybe whole grain crackers! This process isn't always easy. However, if you change your environment for 21 days, the 22nd day will be easy!

<p>Look Around You!</p>	<p>What things can you change easily for the better?</p> <ul style="list-style-type: none"> • Replace soda in your fridge with water bottles. • Replace chips and junk food in your house with healthful whole grain snacks, fruits and veggies. • Take a walk after dinner rather than entering an environment with a TV.
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A habit of gratitude can be very powerful.

For 21 days, make an effort to look at your school, neighborhood, friends and family and find something to be grateful for. Sometimes this is difficult. However, the positive act of gratitude can attract more positive acts from others and help make the journey to your goals more enjoyable and even easier!

If someone in your family buys you a healthful snack as an effort to help you reach your goal – make sure they know you are grateful.

If your school offers more activity time before, during or after school – write a letter to the principal and say thank you!

***“We are what we repeatedly do.
 Excellence, then, is not an act, but a habit.”
 - Aristotle***