

Habit Change – Start With Easy, Regular Exercise

REGULAR exercise is healthy. We all know that. Regular exercise only requires:

1. A choice to do it
2. Discipline to continuously act on that choice

Studies show that **Regular Exercise is a Gateway Habit** for reducing weight, smoking, and drinking. People who regularly exercise seem more likely to choose other risky habits to change and report greater confidence that a choice to change will be successful. For example, thousands of users of HowsYourHealth.org who were either overweight or smokers decided to try to better manage those habits. The Figure below shows out of 100 persons how many who are regular exercisers or NOT regular exercisers believe they will make progress during the next two months. Other studies show that their belief is correct.



Just exercising **regularly** 20 minutes a day at least 3 days a week is easy for us to monitor and does not need to be vigorous. Easiest is a walk. No equipment is required. No gym membership.

To leverage your regular exercise for even better results, go to:

Exercise and Eating Well <https://howyourhealth.org/adult/chapters/chapter1.html>

Common Habits and Health Decisions
<https://howyourhealth.org/adult/chapters/chapter1.html>

Problem Solving <https://howyourhealth.org/pblmslv/>

For Organizational Support

Healthy Eating

- recipes.heart.org/.../delicious-decisions
- www.americanheart.org/NutritionCenter
- www.hsph.harvard.edu/nutritionsource

Exercise and Fitness

- www.cdc.gov/nccdphp/dnpa/physical/index.htm
- familydoctor.org/exercise-habit

Quitting Smoking

- [www.cancer.org/\(quitting_smoking\)](https://www.cancer.org/(quitting_smoking))

Alcohol Use and Drinking

- www.niaaa.nih.gov/alcohol-health