

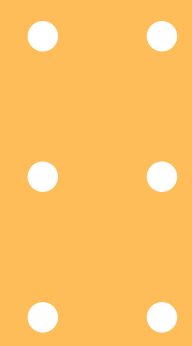
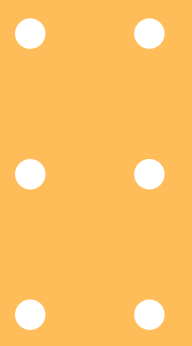
Creating and Maintaining Healthy Habits



By CFW Health and Fitness Pro:
Jennifer Sabol

Healthy Habits

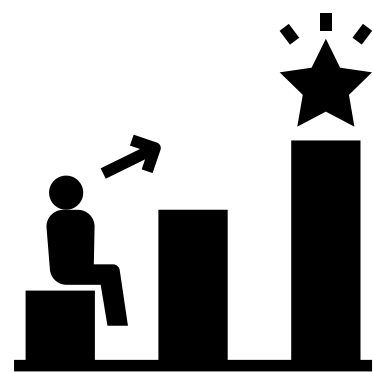
Healthy habits are created from an initial goal. An idea of something that you want to achieve can then be put into practice and turned into a habit over time.



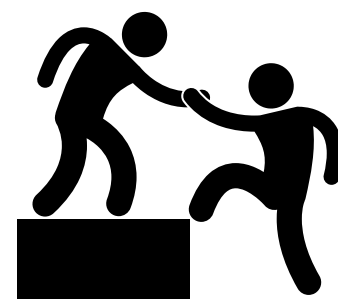
3 Steps to Success



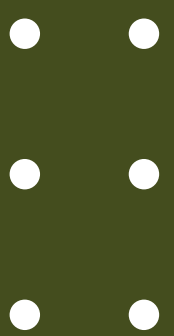
Choose a Goal

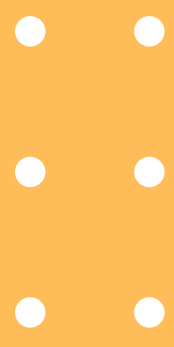


Find Support



Practice





Choosing a Goal

Try and start small and only choose 1-3 goals at a time. Having too many can cause things to get lost and you to burnout. Your goal should be attainable and personalized to you.

Find Support

Goals become more successful habits when you have people to cheer you on and support you! Let your friends or family know what you're working towards or consider working with a trainer or coach to guide you and hold you accountable.



Practice

In order for a goal to become a habit, the behavior needs to be repeated over and over again for your mind to adapt to the changes. It takes practice and perseverance.

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We can help!

What are you waiting for? Contact your fitness team to get started with a goal setting consultation, get support, and ultimately achieve your 2023 goals!

