

# 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 jogs 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!ong 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**.

