



**Health and Fitness Course
Class 4
Developing Healthy Habits**

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Habits account for 40% of our behaviors on any given day!




Objectives

- List several habits you would like to develop to achieve your health and fitness goals
- Place these habits into an order of priority
- Discuss the process of developing a new habit
- List unhealthy habits
- Discuss the process of breaking an unhealthy habit
- Identify one unhealthy habit you want to break
- Define habit stacking and pruning
- Discuss a habit you plan to “stack” and identify what habits you plan to stack with this habit

Habit Stacking <http://jamesclear.com/habit-stack/>
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Habits 

- “Understanding how to build new habits (and how your current ones work) is essential for making progress in your health, your happiness, and your life in general”

Why Do We Change? 

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“Until The Pain of Staying the Same is Greater Than the Pain of Change, We Remain The Same” 

- Post heart attack
- Near death experience
- Loved one passes on
- Any traumatic experience
- Overweight with significant medical problems
- Miserable in graduate school

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How Do You Build a NEW HABIT?
Step by Step Process- SUMMARY



1. Start with a very small habit
2. Ramp up your new habit incrementally
3. Divide habits into doable pieces
4. If you slip- get back on track quickly
5. Be patient
6. Keep a pace you can sustain

"The habit is more important than the intensity"

It's Hard Until It's Easy




- It's counterintuitive until its intuitive

"Bad" Unhealthy Habits:
Prevent You From Reaching Your Goals




- Waste time, energy
- Interrupt your life
- Threaten your health
- Steal your dreams/goals

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**Unhealthy Habits:
From Stress/Boredom** 


“Sometimes the stress or boredom that is on the surface is actually caused by deeper issues. These issues can be tough to think about, but if you’re serious about making changes then you have to be honest with yourself.”

James Clear
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Unhealthy Habits: 


- Is a Fear, Event, or Limiting Belief causing you to hold onto a BAD Habit?

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“Recognizing a bad habit is crucial to understanding the cause of the bad habit”

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Discuss the Process of Breaking an *Unhealthy* Habit 

- Cold turkey vs Gradual

Examples:


- Reducing milk/cream/sugar from TEA/COFFEE
- Eating more slowly
- Reducing salad dressing and sauces
- Giving up "treats"
- Having a donut/muffin on way to work, or at work

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Discuss the Process of Breaking an *Unhealthy* Habit 


- 1st Awareness: a BAD HABIT meets a need
- How can you meet the same need in a healthy way?
- When stressed- do you eat?
- What is a NEW BEHAVIOR for when you are stressed???
- What do you do when you are?
 - Bored?
 - Tired?
 - Busy?
 - Stressed out

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"How to Break a Bad Habit and Replace it With a Good One?" 

- [Http://jamesclear.com/habits#Howtobreakabadhabitandreplaceitwithagoodone](http://jamesclear.com/habits#Howtobreakabadhabitandreplaceitwithagoodone)


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Breaking an *Unhealthy* Habit 

- Choose a substitute for your unhealthy habit
- Eliminate triggers
- Find a buddy
- Spend time with like-minded people
- Visualize success


James Clear's blog, 7/14/2013

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Negative Self-speak: Add a "BUT" 

- I'm fat and out of shape **BUT** I am working on being in shape
- I'm a failure **BUT** everyone fails sometimes
- I'm not losing weight **BUT** I'm getting leaner and healthier (Mimi)
- Additional examples/discussion


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Starts with Awareness and Analysis 

Breaking Unhealthy Habits:

- When does habit happen?
- How many times do you do it each day?
- Where are you?
- Who are you with?
- What triggers the behavior to start?
- Track how many times your unhealthy habits happens—jot on a paper or in phone notes

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List Your *Unhealthy* Habits 

1. _____
2. _____
3. _____
4. _____
5. _____

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Place *Unhealthy* Habits in Order of Priority to Break: Most Urgent to Least Urgent 

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Identify Your #1 Unhealthy Habit 


- 1. _____

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List *Healthy Habits* you would like to develop to achieve your Health and Fitness Goals 

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

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Prioritize Your Healthy Habits 

- 1.
- 2.
- 3.
- 4.
- 5.

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How To Build a *New* Habit by Taking Advantage of *Old* One

1. Synaptic pruning

Synaptic Pruning 


- **Synapses** are connections between neurons in our brain
- We build and express skills more easily when the **connections between neurons strengthen** the more we use them

Define “Habit Stacking” 

- **Building a NEW HABIT around a current habit**

Habit Stacking <http://jamesclear.com/habit-stacki>


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Why Does “Habit Stacking” Work? 

- Current habits are set and strong from years of repetition
- It increases the likelihood that you will stick to the new habit/behavior

Habit Stacking <http://jamesclear.com/habit-stacki>


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Examples 

- Before I watch TV, I will walk on the treadmill for 10 minutes
- Before going to bed I will prepare my food for the next day
- After I get home from church on Sunday I will schedule exercise and prep my food for the next week
- After I eat breakfast I will drink a glass of water
- While I'm watching the evening news I will prep my food/pack for tomorrow


Habit Stacking <http://jamesclear.com/habit-stacki>

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List Current Daily Habits 


- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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Habits You Want to Start 


- _____
- _____
- _____

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Identify 1 NEW habit you plan to “stack” 


- Discussion

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Habit Stacking: Match Current Habit to Stack with New Habit 

Current Habits	New Habits to Stack
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

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Why Do NEW Habits Fail? 

- “Changing everything at once:
Pick 1 and do it well
- Starting with a habit that is too big:
Make it so easy you can’t say no or fail
- Seeking a result not a ritual:
Focus on the behavior not the outcome
- Not changing your environment:
Build an environment that promotes good habits
- Assuming small changes don’t add up:
Aim for 1% better each day”

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Building New Habits: SUMMARY



1. Start with a very small habit
2. Ramp up your new habit incrementally
3. Divide habits into doable pieces
4. If you slip- get back on track quickly
5. Be patient, stay positive!
6. Keep a pace you can sustain (slow and steady wins the race)

The Habit is More Important Than the Intensity!

Summary of Objectives



- List several habits you would like to develop to achieve your health and fitness goals
- Place these habits in order of priority
- Discuss the process of developing a new habit
- List unhealthy habits
- Discuss the process of breaking an unhealthy habit
- Identify one unhealthy habit you want to break
- Define habit stacking
- Discuss a habit you plan to “stack”


Habit Stacking <http://jamesclear.com/habit-stacking> Copyright

Habits: References




- Habit Stacking
<http://jamesclear.com/habit-stacking>
- How to build new habits
<http://jamesclear.com/habit-guide>
- What are habits
<http://jamesclear.com/habits>

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Homework: 

- List your unhealthy habits
- Describe 1 unhealthy habit you wish to change
- List healthy habits you want to develop
- Develop a plan to change the unhealthy habit to a healthy habit (to meet the same need)
- Explain how you will habit-stack (one example)
- Find a buddy or a like-minded friend

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Thank you and Questions 

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