



You know how important it is to eat right, exercise, and practice self-care. But making those healthy habits part of your daily routine can be a challenge. Creating a new habit takes time and persistence — but it’s worth the effort.

Making some lifestyle changes today can improve your overall health and long-term well-being. Whether you want to be more active or focus on your mental health, here are some ways to make healthy habits stick.

Start small.

Every journey starts with a small step. If you’ve never jogged before, don’t try to run 10 miles your first day. Setting smaller, more manageable goals will help set you up for success. Start by walking for a set time, for example. Then gradually increase the time you walk and your pace. This will help you reach your larger goal.

Be specific.

It’s important to be specific about your new healthy habit. Instead of saying, “I’ll eat healthy,” say exactly what that looks like. For example, “I’ll eat 2 servings of vegetables every day.” Having specific goals can make you more likely to achieve them.

Reward yourself.

Changing your habits takes hard work and commitment. Don’t forget to celebrate! Find fun ways to acknowledge your milestones and reward yourself, like treating yourself to a movie. Or find ways to add your celebration to your healthy habit.

Find a bigger purpose.

Sometimes, the more immediate benefits of healthy habits aren’t enough to motivate us. That’s why attaching your healthy habit to a bigger purpose can be helpful. Your purpose could be that you’d like to do more activities with your grandchildren or be able to enjoy an active retirement. Connecting the why to a healthy habit is a powerful way to stay motivated.

Additional Resources

- [BurnAlong](#)
- [Omada Health](#)
- [Centers for Disease Control and Prevention](#)

Coming Soon:

BurnAlong Total Well-being Journey

To help you jumpstart your New Year, we are also excited to announce the launch of the **BurnAlong Wellness Journey Challenge**. This four-week challenge features a range of well-being classes. Your challenge is to complete 200 minutes within the four weeks.



The BurnAlong Total Well-Being Journey Challenge will run Monday, January 22, 2024, through Friday, February 16, 2024.

A little friendly competition never hurts, right? 5 random winners will win a \$250 Gift Card and 5 top winners will win an Apple iPad.



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