

## One step at a time

### How to start today

Choose a new habit you would like to work on in your everyday life

- Add a 20-minute walk to your day (no podcast, music or phone)
- Add a micro-movement habit (e.g., 10 squats while brushing your teeth or making coffee)
- Take the stairs instead of the lift when possible
- Walk during phone calls
- Choose an activity you enjoy and add it to your weekly routine (e.g., dancing, sports).



Scan to learn more about The Movement and the Move experiment.



### My commitment

Research shows that writing down a specific habit change, together with when, how often and where you will do it, makes it easier to follow through.

I commit to:

(example: Take a 20-minute walk)

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When:

(example: After dinner)

How often:

(example: 5x/week)

Where:

(example: Around my neighborhood)

Let's work  
it out  
together

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