

Make small changes last

Choose one small change from The Movement films that you would like to try, continue, or turn into a habit — or make up your own. Here are just a few examples:

SLEEP

Switch off screens one hour before bedtime

FOOD

Avoid sugary drinks

MOVE

Add a 20-minute walk to your day

TOGETHERNESS

Have lunch or take a walk with a colleague you do not usually spend time with

PACE

Set two fixed windows each day to check news or other media



Scan to revisit The Movement and watch the Keep going film.

Let's work it out together

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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: Add a 20-minute walk to my day)

When:

(example: After dinner)

How often:

(example: 3x/week)

Where:

(example: Around my neighbourhood)

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