

# Starting a New Routine

**Ponder, Consider** – What routine could you add to improve the quality of your daily life?



**Start Small** – Simple things like placing your workout gear, clothes or sneakers where you can see them first thing in the morning.

**Have Healthy Alternatives Available** – Fruit and vegetables in the freezer, fridge or counter to grab for a snack.

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**Plan Ahead** — Making a change in routines may take some preparation, and assistance.

Phone a friend! What do they have in place to help with their routines?



**Keep showing up!** — Practice, practice, practice may take days, weeks or months to incorporate a new routine. Be kind to yourself. If you don't achieve it one day, keep trying.

**Connect** — Routines can be hard to stick to if you are taking care during trying times.