

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 & 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. It may take days, weeks or months to incorporate a new routine. Be kind to yourself. If you don't achieve it every day, keep trying.

Connect – Routines can let your loved ones know you are taking care during trying times.