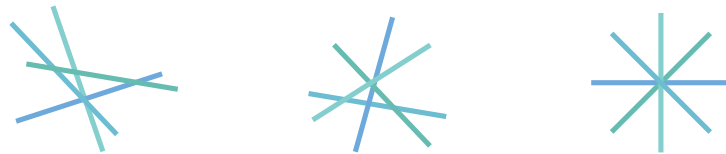


EXERCISING Better Than Before

Among the habits that people say they'd like to make, "exercise more" is one of the most popular. There are so many great reasons to exercise—but it can be challenging. Try some of these habit-changing strategies:

1. **Accountability.** For many people, the key to sticking to an exercise plan is to create external accountability. Sign up for a class where the teacher will really notice if you skip. Plan hikes with a friend who'll be annoyed if you don't show up.
2. **Safeguards.** Anticipate temptation and decide in advance how to handle challenging circumstances. How will you exercise when you're traveling for work? When your kids have school vacation? If the weather turns bad?
3. **Convenience.** Rent a gym locker so you can store your gear in a handy place. Pay a little extra to go to the spin class that's nearer to your house. No time to shower? Exercise in ways that don't make you sweat.
4. **Clean Slate.** A new situation makes it much easier to change habits. If you move to a new city, change jobs or schools, or have a new routine, take advantage of the clean slate. New job? Start going to the gym during your lunch hour.
5. **Monitoring.** Keep track of how much you exercise (we tend dramatically to over-estimate how much exercise we get in a day). Wear a pedometer. Keep track of how many exercise classes or bike rides you take.
6. **Pairing.** Only watch *Game of Thrones* while you're on the treadmill. Only listen to podcasts of *This American Life* when you're going for your morning walk.
7. **Loophole-Spotting.** We use loopholes to justify breaking a good habit. Watch out for these popular loopholes.
 - Tomorrow loophole—"It doesn't matter what I do today, because tomorrow, I'm going to start training hard."
 - Moral Licensing—"I've been so good about going to class, it's okay for me to take a break."
 - Lack of Control—"It's raining."
 - One-Coin—"What difference does one visit to the gym make?"



For more insight, tips, and practical advice on exercise-related habits, read
Better Than Before: Mastering the Habits of Our Everyday Lives by Gretchen Rubin,
#1 *New York Times* bestselling author of *The Happiness Project*