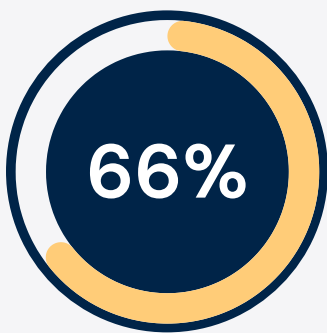


# 7 WAYS TO STICK TO A NEW HABIT

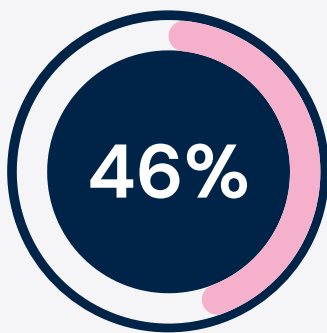
## EXPERT TIPS FROM HEALTH AND WELLNESS COACHES

Did you know nearly 80% of New Year's resolutions fail each year?

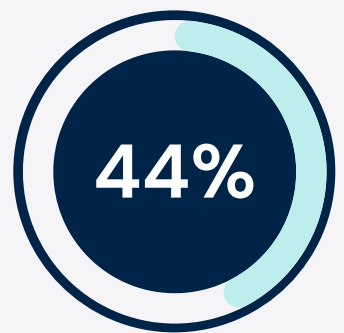
To support healthy lifestyles, we interviewed **2,500+** of our credentialed instructors for advice on sticking to healthy habits. Here is what they had to say:



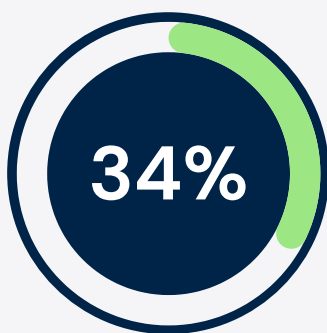
of our instructors recommend starting small and manageable with your goals



suggest writing your goals down and making them visible



say you should celebrate small wins as you go, rather than waiting until the end



recommend you add your new habit to an existing habit — for instance:

Meditate for 2 min. after you pour your 1st cup of coffee each day



32%

advised you commit to a "what, when, and where" schedule for consistency



24%

said you should get a friend or family member to commit to the new habit with you



23%

suggest mentally visualizing your end goal

## Here are some more tips from our instructors:



If you feel that you are failing... pause, regroup, and start again.

- Noel Plaucher

Really pick something you want, not what you think you 'should' do.

- Shantel Chase

Work on one thing at a time, and when that becomes your second nature, tackle another challenge.

- Amanda Collins

Quit using the word 'resolution' and start with very small steps and have a plan! Accountability and consistency matter!

- Christine Conti

Small, consistent actions are the key. Whatever you can be consistent with on a daily basis, DO that.

- Chelsie Ahue

Focus on how you can shift your mentality from one of deprivation ('can't') to one of abundance ('I get to!').

- Mandy Froelich

Whatever your goals are, Burnalong is here to support you and your employees each step of the way.

Let's make 2022 our healthiest year, yet!