



# FITTING EXERCISE INTO YOUR LIFE



Life gets busy and it can make it tough to prioritize exercise. But staying active is key to feeling great and improving health. The good news? You can fit exercise into your daily routine with just a few smart changes. This guide introduces the **4 Laws of Behavior Change**, inspired by James Clear's book, "Atomic Habits," to help you seamlessly incorporate exercise into your busy life.

## BY INCORPORATING THESE FOUR LAWS,

you can create an environment and routine that makes exercise a natural and enjoyable part of your daily life.

## I MAKE IT OBVIOUS



### Visual Cues

Place your workout gear where you can see it, such as near your bed or at the entrance of your home. This constant visual reminder will help trigger your intention to exercise.



### Schedule It

Block time for exercise in your calendar, just like any other important appointment. This makes it a non-negotiable part of your day.



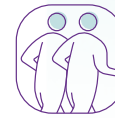
### Habit Stacking

Attach your exercise habit to an existing routine. For example, after you brush your teeth in the morning, immediately put on your workout clothes.



### Pairing

Combine exercise with something you enjoy. For example, listen to your favorite podcast or music playlist while working out.



### Social Motivation

Work out with a friend or join a group fitness class. The social aspect can make exercise more enjoyable and keep you accountable.



### Reward System

Promise yourself a small reward after completing your workout, such as a delicious smoothie or a relaxing bath.

## III MAKE IT EASY



### Start Small

Begin with short, manageable workouts to build the habit. For example, commit to just 10 minutes of exercise each day.



### Prepare Ahead

Lay out your workout clothes and gear the night before or have everything ready in a gym bag. This reduces friction and makes it easier to start.



### Reduce Barriers

Choose a convenient location for your workouts, whether it's at home, a nearby park, or a gym close to your workplace. This minimizes the time and effort required to get started.



### Immediate Rewards

Track your workouts and celebrate small victories. **Use the Wellstyles app** and sync your habit tracking device to see your progress and feel a sense of accomplishment.



### Positive Reinforcement

Focus on the positive feelings you get after exercising, such as increased energy or improved mood. Reflecting on these benefits can reinforce the habit.



### Long-Term Goals

Set clear, achievable goals and reward yourself when you reach them. This could be treating yourself to new workout gear or planning a fun activity.

## IV MAKE IT SATISFYING