**Better exercise habits, starting now**

At Vitality, we believe in the power of healthy habits. Habits that can start small, and as you get more consistent, these actions can then become more frequent or intense as part of what we call ‘habit laddering’.

**So, what can you do to build better habits?**

1. **A ritual:** Getting started is the hardest part, so having a routine to get you going is important. Do something like playing your favourite song every time you are about to start exercising to prime your brain for activity.
2. **Temptation bundling:** Combine exercise with something you enjoy doing, like listening to your favourite podcast while you are on the treadmill or playing with your kids or pets.
3. **If-then technique:** Life often does not go as planned, so know ahead of time what you will do when life gets busy. For example, decide in advance that “If I can’t walk today, then I will do an online exercise class at home.” This has been shown to help people stick to their goals.

Need more tips to build and sustain better habits? Explore our [Vitality Habit Index.](https://www.vitalityglobal.com/globalvitalityconference/#vhi)