

BLUEPRINT

to wellness

SMALL STEPS FOR HEALTHY HABITS

Habits are a reoccurring, often unconscious, pattern of behaviour created by repeated actions. They can be both good and bad, often making up many of our moments throughout the day.

Forming healthy habits or changing unhealthy habits is not easy, but it can have lasting benefits for the future. Now is a great time to reflect on your habits and explore areas where you could make healthy changes.

Tips for forming healthy *habits*

1. START SMALL

Focus on one or two healthy habits at a time to avoid overwhelm. Small, consistent actions lead to lasting change.

2. REWARD SMART

Choose rewards that support your goals, like new gear or a healthy recipe book, instead of food or habits you're trying to change. Pick activities you enjoy and that make you feel good.

3. SHAPE YOUR SPACE

Make healthy choices easier and unhealthy ones harder. Prep meals ahead, remove temptations and set up your environment for success.



Healthy habits you can *try*

- Drink your coffee/tea without cream and sugar (or with a reduced amount)
- Before you flop on the couch after work, clean your house for 20 minutes
- Replace your afternoon can of pop with flavoured sparkling water
- Start spending Sunday afternoons meal prepping for the week
- Drink a full glass of water as soon as you wake up
- Go for a walk around the block every day

REMEMBER:

Every healthy habit starts with a single step. The key is consistency, not perfection. Focus on progress, be kind to yourself and celebrate the small wins along the way!

For more Health Literacy tips and resources, head to sk.bluecross.ca/healthysk