

Understanding
Habits

Renew

A Weight Loss Rx Lifestyle Class

Understanding Habits

MODULE 2:

Building Lasting
Change

Welcome to class!

Reflection Questions:

- What are some habits you do daily?
- What are some habits you'd like to cultivate and what are some you'd like to break?

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The SELF Principle



Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.



Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.



Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.



Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.



**Which of your
habits improve
your life?**

**Which of your habits
would you like to
change?**

How are habits formed?

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Habits

- Habits are things that we do or think *automatically* because they have been repeated so many times.
 - We repeat things because we get some form of reward.
- To experience long-term change, you will need to develop habits that support that change.
- There are probably some habits you'd like to break and new ones you'd like to build, but this can be challenging for many reasons.
 - Your brain loves routines!

New Behaviors

Prefrontal Cortex

- Planning, organizing, initiating, and controlling responses to achieve goals
- High energy use
- Slow

Practice

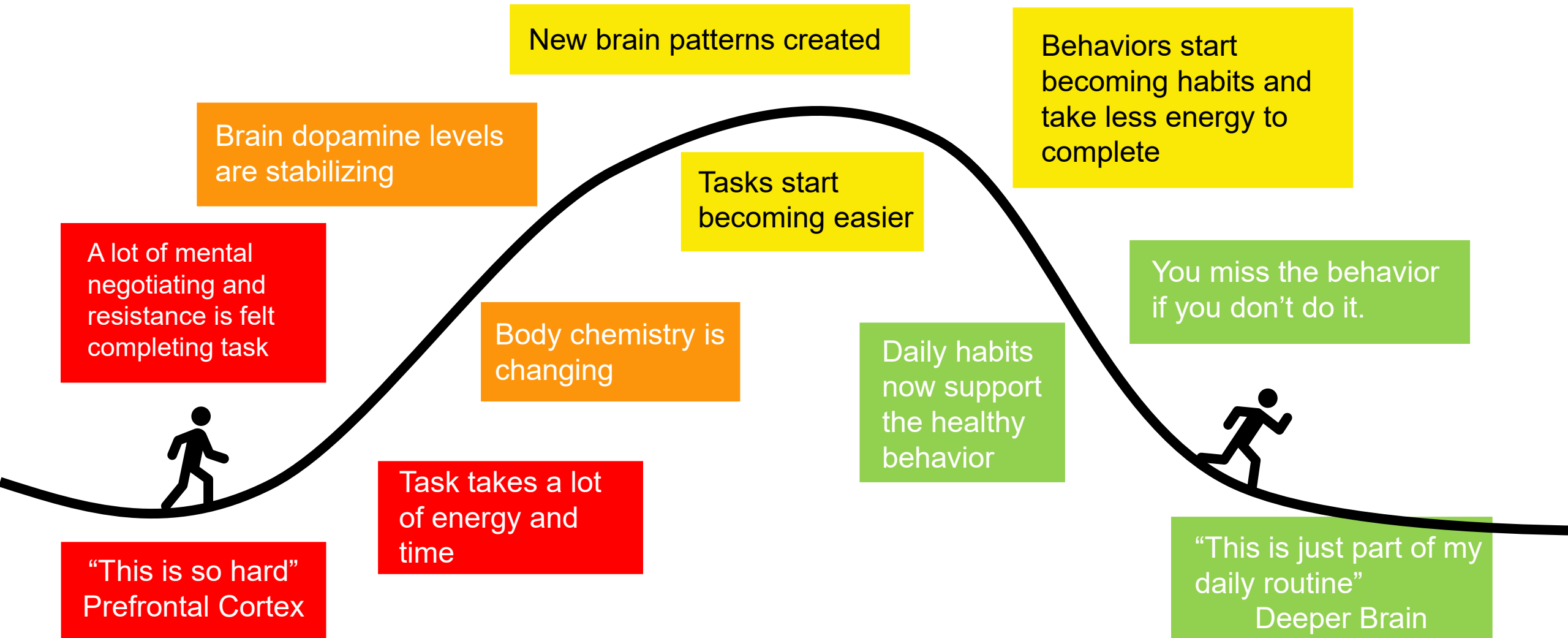
**Automatic
Habits**

Deeper Brain Structures

- Threat detection, surviving, memories, fight or flight
- Very low energy use.
- High speed, automatic
- Responsible for 90% decision making



Getting Over the Resistance Hump



Practice IS the Goal

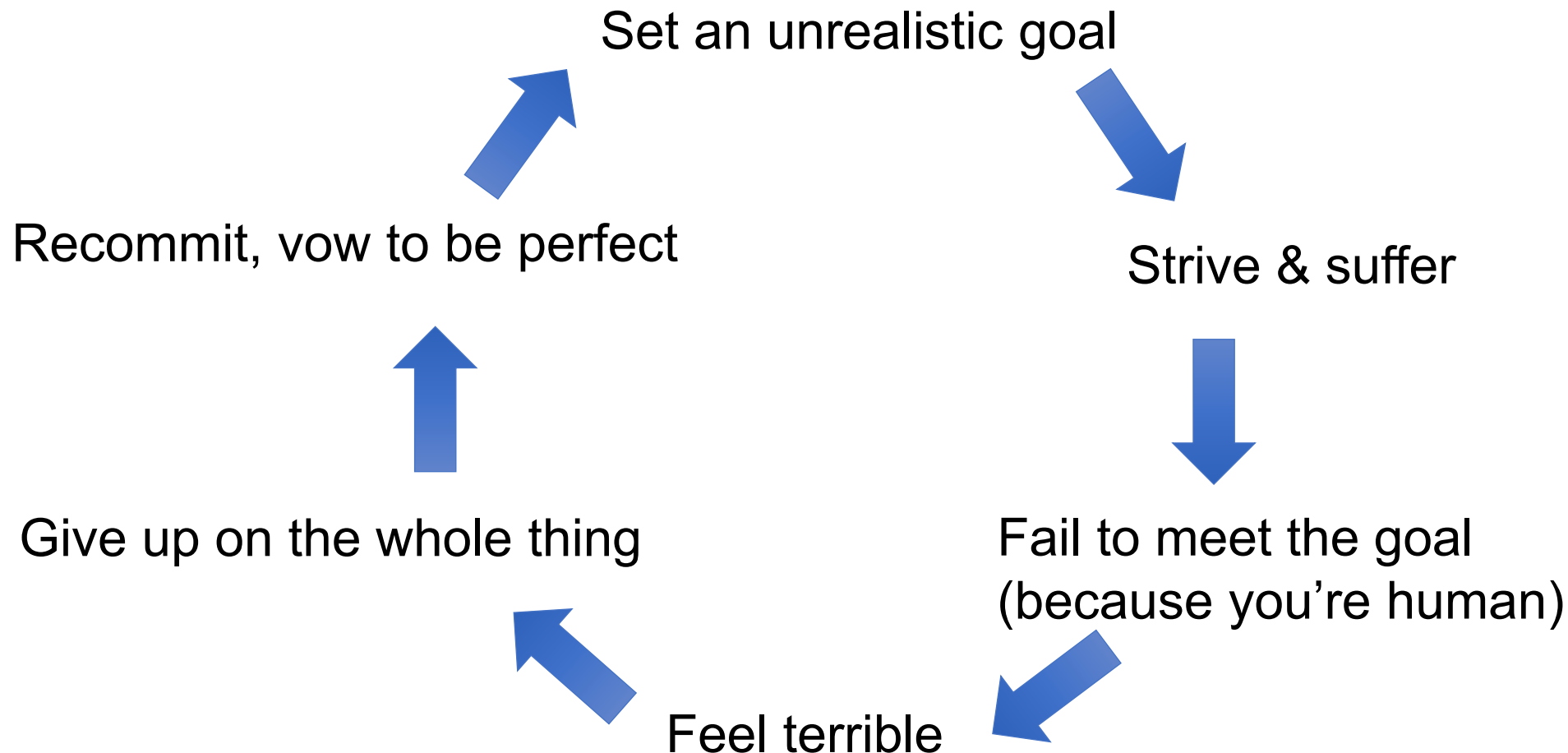
Learn to sit with discomfort

- Recognize where the discomfort is coming from.
- Use self talk to calm the nervous system.

Minimize barriers

- Make the behavior so small, mental resistance to do it is reduced.
- Think about the all the other habits that are needed to support the new desired behavior
 - Clean workout clothes ready
 - Bike ready to ride in the morning
 - Veggies pre-chopped to add to meals

All-or-Nothing Cycle



Every time you meet a goal, you are:



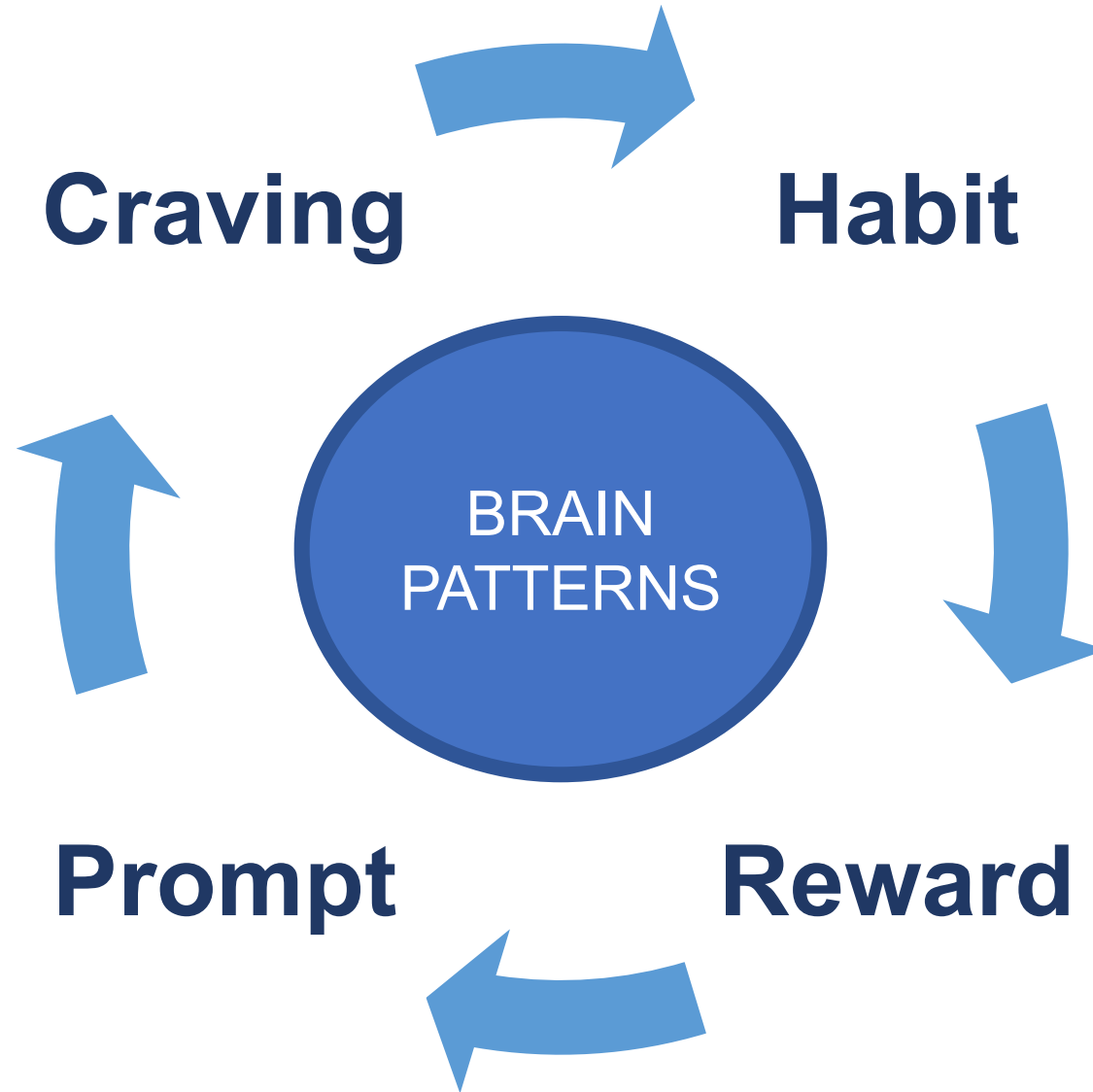
- Keeping a promise to yourself.
- Increasing trust in yourself.
- Building your confidence that you can do it again.

Creating New Brain Pathways

- Our brains use myelin to “pave” the pathways in our brains that we use often.
- Every time we practice a new habit, we tell our body to work on paving that road so it gets easier to use next time!
- Think of an overgrown path → a highway



Understanding Our Habits



POSITIVE CHOICE
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Creating New Habits

Think of a habit you'd like to have
or strengthen.

What's the smallest version of your habit you can begin with?

Think really tiny. It could take 30 seconds or less.

- Floss one tooth
- Google “gyms near me”
- Think of 1 thing you’re grateful for
- Do 1 push-up
- Take the clothes off the treadmill
- Add 1 piece of lettuce to every sandwich

Using Prompts

Could you tie your new habit to
something you *already* do?

Could you floss one tooth *after* brushing your teeth?

Could you do one push up *after* your walk?

Using Prompts

After I _____, I will _____.

Celebrate All Your Wins!

When you acknowledge your success, you build the habit faster.

I exercised today and felt better afterward!

I just finished a salad full of different colors. I'm nourishing my body!

I took a moment to recognize my hunger signals. I'm learning to honor my feelings.



How Will You Celebrate?

Write down ideas.

- Examples:
 - Dance party
 - Pat on the back
 - “I’m so glad I _____ because _____”
 - Tell a friend
 - Stickers on a calendar

Anticipate, Plan, Execute



Anticipate
the habit



Plan how you
will successfully
navigate the habit



Execute
the plan



What's one thing
that stood out in
today's class?

What is one small step you
could take to incorporate
that this week?

Add this to your journal.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
Moderate 1,000-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 cup vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 90-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4-6 oz protein 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

