

WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

Communicate

HealthySteps to Wellness is your partner

Expert on wellness platform and HealthySteps to Wellness website

Enthusiastic about joining forces as a community of Wellness Champions

Role Model to others

Building Exercise Habits



ACCORDING TO DR. WENDY WOOD, FORMING HABITS INVOLVES A NUMBER OF REPEATED ACTIONS THAT NEED TO TAKE PLACE.

That action is...

- Repeated
- Automatic
- Rewarding
- Dependent upon our past actions
- Occurs within a supportive context

A SUPPORTIVE CONTEXT INCLUDES

Things like:

- Time of day that we are engaging in the activity
- Other people who are doing the behavior with us
- Proximity to items necessary to complete that action

BEWARE OF FRICTION!

Friction makes it more challenging to form a habit and directly influences behavior.

- **Lower friction** = easier to do the behavior
- **Higher friction** = more challenging to do the behavior

We want to cut back on friction, if we want to create a new habit.

TIPS FOR STARTING A NEW EXERCISE HABIT AT HOME:

Find something you like

- **Tired of running?** Try a high-intensity training class with a free trial of the [Peloton](#) app.
- **Want to be social?** Sign up for a dance online. Check out this [site](#) for some ideas.
- **Need to unwind?** Try a relaxing flow yoga. You can access free classes [here](#) and [here](#).

Pair it with a reward

- Walk to coffee!
- Break up work with 3 sets of 10-minute walk breaks or squat breaks or hula hooping breaks - get creative!

Build into your daily flow

- Walk around the house between meetings
- Walk or cycle for errands
- Run up and down your stairs
- Stretch when you're on a phone call
- Take a walkie-talkie call (use the phone an old timey way, just audio!)

Go play!

- Run around outside with your kids or pets
- Explore a new trail
- Get some chalk and create some hopscotch
- Play some camp games: hide-and-go-seek, tag, red light green light

MORE RESOURCES

Need help having a conversation with a partner, family member, or co-caregiver on setting some boundaries around 2nd shift work? Read more [here](#) for advice.

Also consider setting up free confidential counseling through our [EAP](#) or the [Stanford Faculty and Staff Help Center](#).

Interested in tracking habits? Experts like James Clear (Atomic Habits) suggest [habit trackers](#).