

Start Small

Research shows that people stay motivated if they are greeted with small successes. Instead of focusing on the big, end goal, like losing 20 pounds, or quitting smoking, start simply. Give yourself an achievable goal every day.

- Can you skip that trip to the vending machine today and eat an apple instead?
- Can you go for a 10-minute walk on your lunchbreak instead of scrolling through social media?

These small successes keep us motivated and moving toward our ultimate goal—better health.

Be Well.

The Health and Wellness Foundational Tool Team

“A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.”

– Tom Stoppard

