

# Strategies for Healthy Living

## Lack of Motivation

- Be values focused (Why do you want to be healthy?)
- Post sticky notes in your house, office, car with your values
- Be willing when you don't want to (What are you willing to do?)
- Do it with friends! (Cook, eat, walk, go to the gym)
- Participate in a fitness class or get a personal trainer instead of working out on your own
- Listen to music, a podcast, or an audio book or watch tv while you're doing meal prep or at the gym
- Change up your exercise routine, exercise at a different time of day, or try a new recipe
- Buy new cookware, storage containers, exercise clothes, or a water bottle
- Don't like veggies? Cut them up into small bits and cook them in a stew
- When 1 serving of peanut butter doesn't cut it, use PB2 and enjoy more on your apple, toast, etc.
- See if your insurance company offers incentives for healthy actions
- Have your family and friends hold you accountable or join a social media group
- Create a visual tracker for seeing your progress (marking days of the week you walked or ate as planned)
- If your goal is too big, make it smaller so you can be successful in making progress; on hard exercise days, do less
- Have your medication and supplements organized in a pill container and in sight (countertop, bedside table, etc.)
- Prepare the night before (get out work out clothes, pack a lunch, make overnight oats, set out water bottles)

CLICK HERE FOR  
INDIVIDUALIZED SUPPORT



[www.ericajowett.com](http://www.ericajowett.com)



# Strategies for Healthy Living

## Lack of Motivation

- Have more energy for physical activity by going to bed on time, eating and maybe having coffee or tea before you exercise Have healthy options readily available (apples and bananas on the counter, grapes picked or berries in a bowl)
- Battling injuries or chronic pain? Consider low-impact pool workouts or chair exercises; see a physical therapist
- Watch a health or fitness documentary or read about health or fitness (Documentaries: What the health, Forks over Knives, Game Changers; Book: Healthy Living Doesn't Have to Suck, How Not to Die)

CLICK HERE FOR  
INDIVIDUALIZED SUPPORT



[www.ericajowett.com](http://www.ericajowett.com)

