



WARNING: Exercise Can Be Habit Forming

We all know the benefits of regular exercise and physical activity. Exercise is an important factor in both successful weight maintenance and stress reduction. It is also known to reduce risk of developing many health problems. So why is it so hard to make exercise a priority? Did you know that a recent study found that less than 50% of Air Force members exercise three times a week or more?

Here are a few tips to make your exercise program 'stick':

- Find a workout partner
- Write down your goal and post it somewhere that you will see frequently
- Build rewards into your program for meeting short-term goals
- Focus on the benefits of exercise – short-term AND long-term
- Schedule your exercise as you would any other appointment
- Start slowly and avoid injuries
- Talk to your doctor before starting an exercise program if you have any medical concerns

Try these tips and make exercise a habit! This is one habit you won't want to break!

Contact your **local Health and Wellness Center (HAWC) or Fitness Center** to get more information on starting and maintaining an exercise program!

Shape Your Future... Your Weigh!™