



Make any of these 45 easy tweaks to your habits to retrain your brain and get major momentum.

Change How You Eat

- Sit somewhere different
- Eat at a table (no screens)
- Add fresh herbs to your meal
- Add a piece of fruit to your meal
- Play relaxing music while you eat
- Leave the last bite of food on your plate
- Put your fork down between bites
- Set a timer while you eat
- Order half of your food to go
- Eat a mint halfway through your meal
- Drink a glass of water before you eat
- Drink a glass of water at the first sign of hunger
- Order a healthier dessert (don't eliminate it)
- Substitute a salad for fries
- Add lemon/lime to your water
- Breathe deeply for one minute before eating
- Eat a piece of fruit before you eat your meal

Change What You Do

- Plant fresh herbs in your kitchen (like basil or rosemary)
- Cook at least one meal a day
- Play relaxing music while you cook
- Cut up veggies to put in the fridge
- Dress up before you eat
- Use your good china or crystal
- Prep your next meal after you finish the first one (so you don't just grab whatever you see)
- Buy a new cookbook
- Buy a new kitchen gadget to use (spiralizer or veggie steamer)

- Take a cooking class
- Give yourself a non-food reward (like a massage)
- Try a new restaurant
- Call a friend when you feel like bingeing

Small, incremental steps are the key to staggering long-term results.

Change How You Move

- Set out your workout clothes the night before
- Sign up for a new workout class
- Ease into your workout with a baby step (just get on the treadmill and see what happens)
- Get a rebounder and bounce 10 minutes a day
- Walk with light weights
- Recruit a friend to exercise with you
- Buy a new workout outfit
- Set your alarm 10 minutes early to stretch
- Sign up for an active event (like a 5K)
- Pace while you talk on the phone
- Park farther away in the parking lot
- Exercise between tasks while you clean your house (do lunges or push-ups)
- Stretch while you watch TV
- Take a break and walk a flight of stairs at work
- Walk the mall/airport concourse