

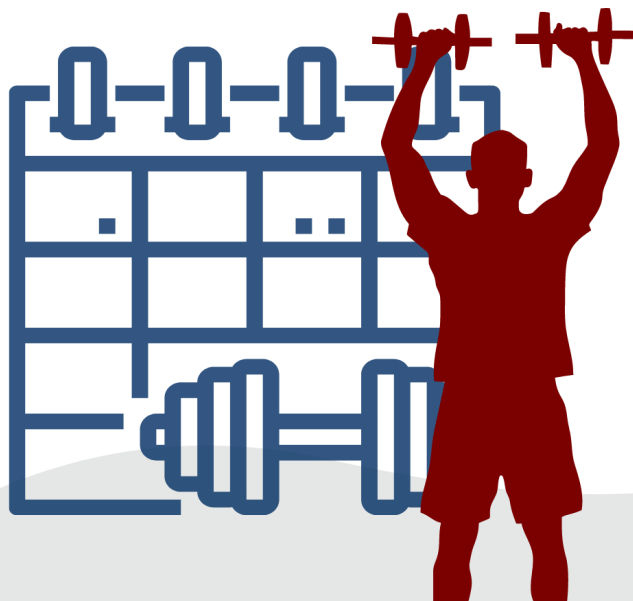
Reboot from Unhealthy Pandemic Habits

Pandemic Plateau

If the global pandemic has disrupted your healthy routines, you're not alone. Nearly **half of U.S. adults** piled on excess pounds and reported less movement during the first year of the pandemic. Chronic disease prevention has also taken a major hit nationally, as adults with chronic health conditions were **more likely** to report **forgoing or delaying care** compared to people without a chronic disease. There's no better time than now to **reboot** from unhealthy pandemic habits.

4 TIPS TO REBOOT UNHEALTHY HABITS

Get on track and build physical activity back into your normal daily routine with a few simple tips.



01 SET SMALLER, "BITE-SIZED" GOALS.

If your overall goal is to "be more active," break it down in smaller bites – start by walking 20 minutes each day and build up from there.

02 SCHEDULE AN APPOINTMENT WITH YOURSELF.

Just as you wouldn't skip a work meeting or doctor's appointment, putting time on your calendar to walk, run or go to the gym can help you stick with it.

03 MAKE IT FUN.

Download your favorite podcast to listen to while you work out or invite a friend to catch up with while you walk to give yourself something to look forward to. If it isn't enjoyable, you're more likely to fall off track.

04 BET ON YOURSELF.

Research suggests people are more likely to achieve their goals when there is something at stake if they don't stick to their plan. Find a friend to go in with, decide on an incentive, and hold each other accountable.

SOURCES: NPR, WebMD, Urban Institute