

**Making lifestyle changes
requires some motivation and a
whole lot of good habits**



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It's important to...

Move more, sit less.

Eat healthy.

Get a goodnight's sleep.

Connect with loved ones, disconnect from devices.

Meditate.

Habits

Motivation

Behaviour
change goal

**Parents/guardians, think of a behaviour
you LOVE doing. What motives you to do
this behaviour?**

Motivation

- Quantity vs. Quality
 - Having a lot of motivation is good but it needs to be the right type or quality of motivation to get you moving and keep you moving!

Motivation

Amotivation

Extrinsic

Intrinsic



External:
“I am active
because my
parent(s)
say(s) I should
be”

Introjected:
“I feel bad
if I am not
active”

Identified:
“I am active
because it
makes me
feel good!”

Integrated: “I
am active
because it is
part of who I
am.”

Tips to Facilitate 'Good' Motivation

“Do you.”

Do something you feel/think you'll be capable of doing.

- Make sure to focus on mastering the skill rather than beating others.

Encourage activities that allow for friendships to form or feelings of belongingness.

Habits

A habit is a behaviour that has been repeated enough time to be automatic.

Strategies for Building a New Habit

1. Start really, really small.

“I’ll just run for 15 minutes each day”

“I’ll just limit my child’s screen time after dinner”

Strategies for Building a New Habit

2. Make the new habit obvious by habit stacking.

After [current habit], I will [new habit].

Strategies for Building a New Habit

3. Make the new habit attractive.

Best way to motivate your child to act a certain way is to act that way yourself.

Strategies for Building a New Habit

4. Make the new habit easy.

Make it easy for your child to succeed; do not hand-hold.

Strategies for Building a New Habit

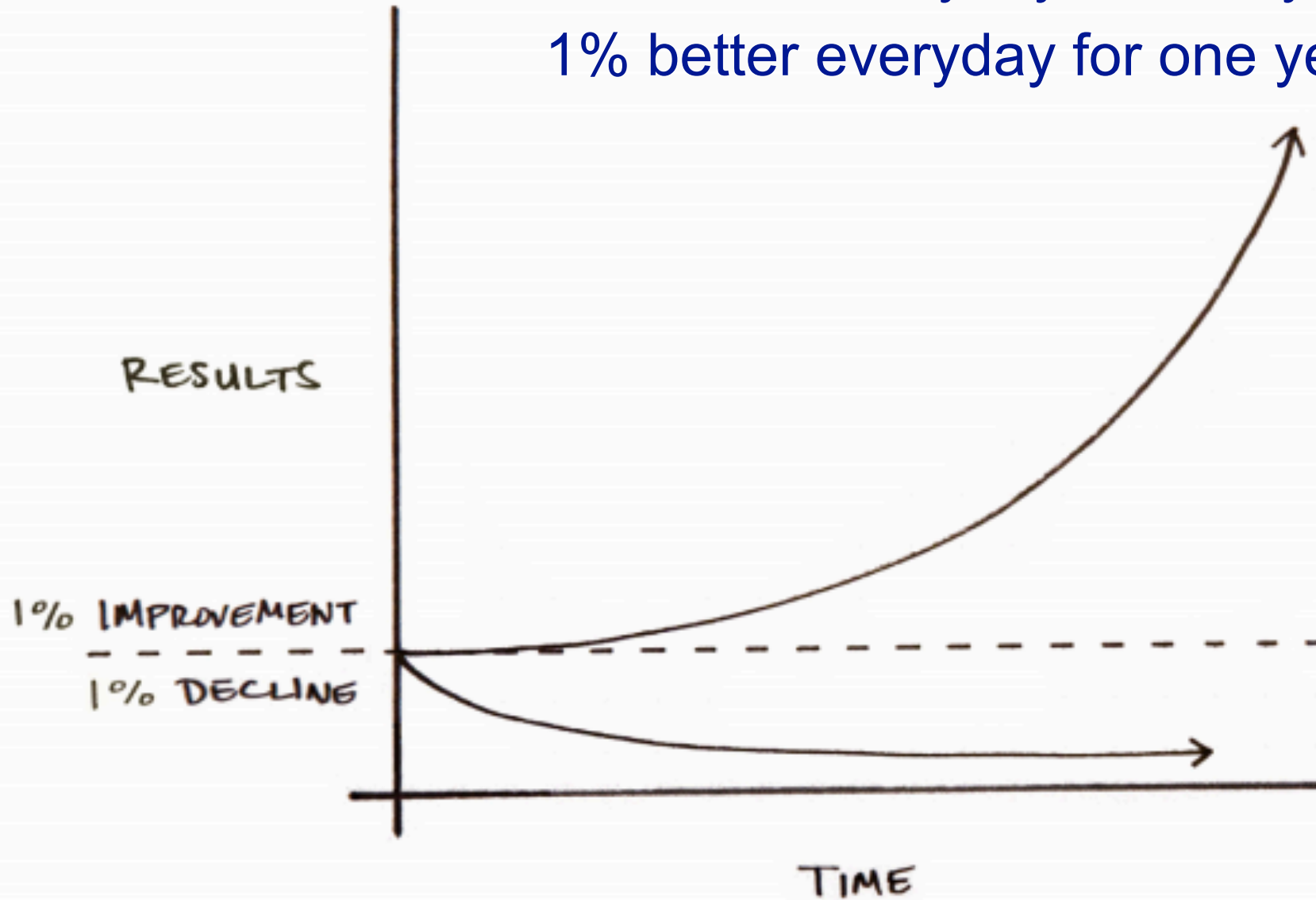
5. Make the new habit satisfying.

Use praise.

Praise the good, ignore the bad.

1% worse everyday for one year: $.99^{365} = .03$

1% better everyday for one year: $1.01^{365} = 37.78$



Stop waiting for motivation or inspiration to strike you and set a schedule for your habits.

I begin each day of my life with a ritual; I wake up at 5:30 A.M., put on my workout clothes, my leg warmers, my sweatshirts, and my hat. I walk outside my Manhattan home, hail a taxi, and tell the driver to take me to the Pumping Iron gym at 91st street and First Avenue, where I workout for two hours. The ritual is not the stretching and weight training I put my body through each morning at the gym; the ritual is the cab. The moment I tell the driver where to go I have completed the ritual. It's a simple act but doing it the same way each morning habitualizes it — makes it repeatable, easy to do. It reduces the chance that I would skip it or do it differently. It is one more item in my arsenal of routines, and one less thing to think about.

James Clear

Remember this...

1. Forget about what you should be doing. Focus on today.
2. You will likely be disappointed and/or disappoint.

Remember this...

3. This is the truth: your life will be imperfect. The people around you will be maddening. Worry will always be an option. The events of your life will sometimes be confusing, sometimes unfair, sometimes more painful than you think you can stomach. This is what it is to be human. Look around you. People have lost and they still dance, people have been broken and recovered, people have overcome circumstances so devastating nobody thought they'd ever make it. Your life is not going to be defined by what went your way, it's going to be defined by what you did when it didn't. — Brianna Wiest

Thank you!