

# BUILDING HEALTHY HABITS THAT LAST

We all aspire to be healthier, whether it's by eating better, exercising regularly, sleeping well, or finding balance in our lives. However, the challenge often lies in sustaining these habits long-term.

**Given that health and wellbeing is in our DNA we went in-house to our expert team for their advice on how to build good habits, and make them stick!**

Marketing Executive  
**Luke Aquilina:**

## **START SMALL AND BE SPECIFIC**



*"The key to forming a habit is starting with manageable goals. Instead of saying, 'I'll exercise more,' commit to something specific like, 'I'll walk for 20 minutes after dinner.' This precision removes ambiguity, making it easier to act. Small changes are easier to maintain and build confidence as they turn into regular patterns. Once a habit becomes routine, you can increase its intensity or add new healthy habits."*

General Manager  
**Nicole Bosland:**

## **ATTACH NEW HABITS TO EXISTING ROUTINES**



*"One of the best ways to build a habit is to pair it with something you already do regularly, a technique called habit stacking. For example: After brushing your teeth at night, spend five minutes stretching before bed. Or while waiting for your morning coffee, drink a glass of water to stay hydrated. By associating new behaviours with familiar actions, you make the new habits feel natural and seamless."*

CEO  
**Fiona Rose:**

## **FOCUS ON THE POSITIVE OUTCOME**



*"Frame your habits around what you gain rather than what you lose. Instead of thinking, 'I can't eat junk food anymore,' shift your mindset to, 'I'm choosing healthier snacks because they give me energy and improve my focus.' This positive reinforcement makes habits more appealing and keeps motivation strong."*

National Partnership Manager  
**Sophie Chambers:**

## **PLAN FOR CHALLENGES**



*"Building a new habit isn't always smooth sailing. Life gets busy, motivation wavers, or unexpected events disrupt routines. The key is to plan ahead. For example: If you miss your morning workout, can you fit in a walk during lunch? If social events make healthy eating difficult, can you bring a nutritious snack with you? By being prepared, you can navigate obstacles without derailing your progress."*



**Building healthy habits is one of the best investments you can make for yourself!**

For more information on healthy habits visit:

[fitnesspassport.com.au/info/](https://fitnesspassport.com.au/info/)

