

# Choose to Move

building healthy habits one  
decision at a time

May 4, 2022



THE MYOSITIS ASSOCIATION



choose  
to move

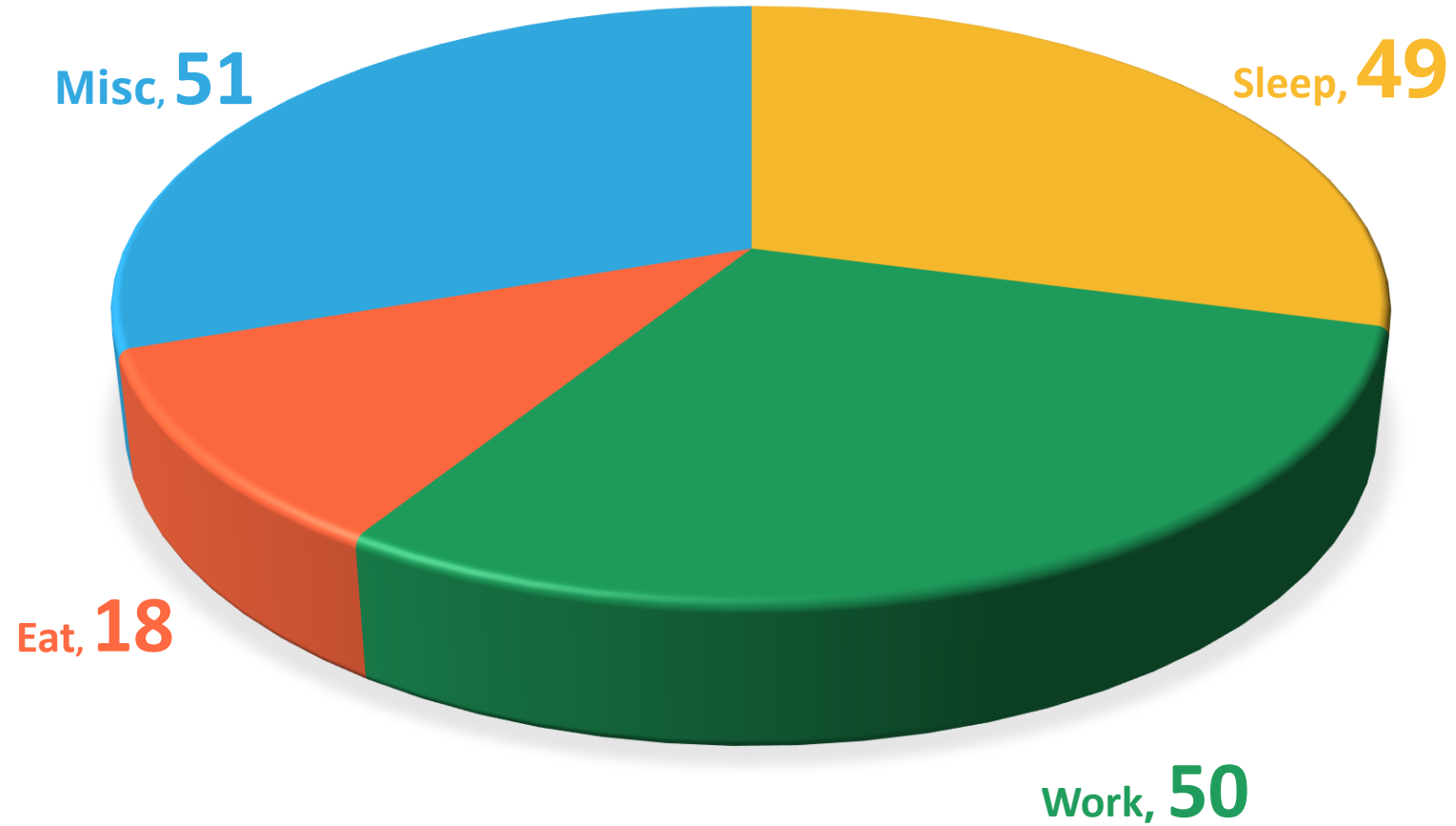


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SOMAVIVE

# TIME IN ONE WEEK (168 HOURS)



#1 NEW YORK TIMES BESTSELLER

**Tiny Changes,  
Remarkable Results**

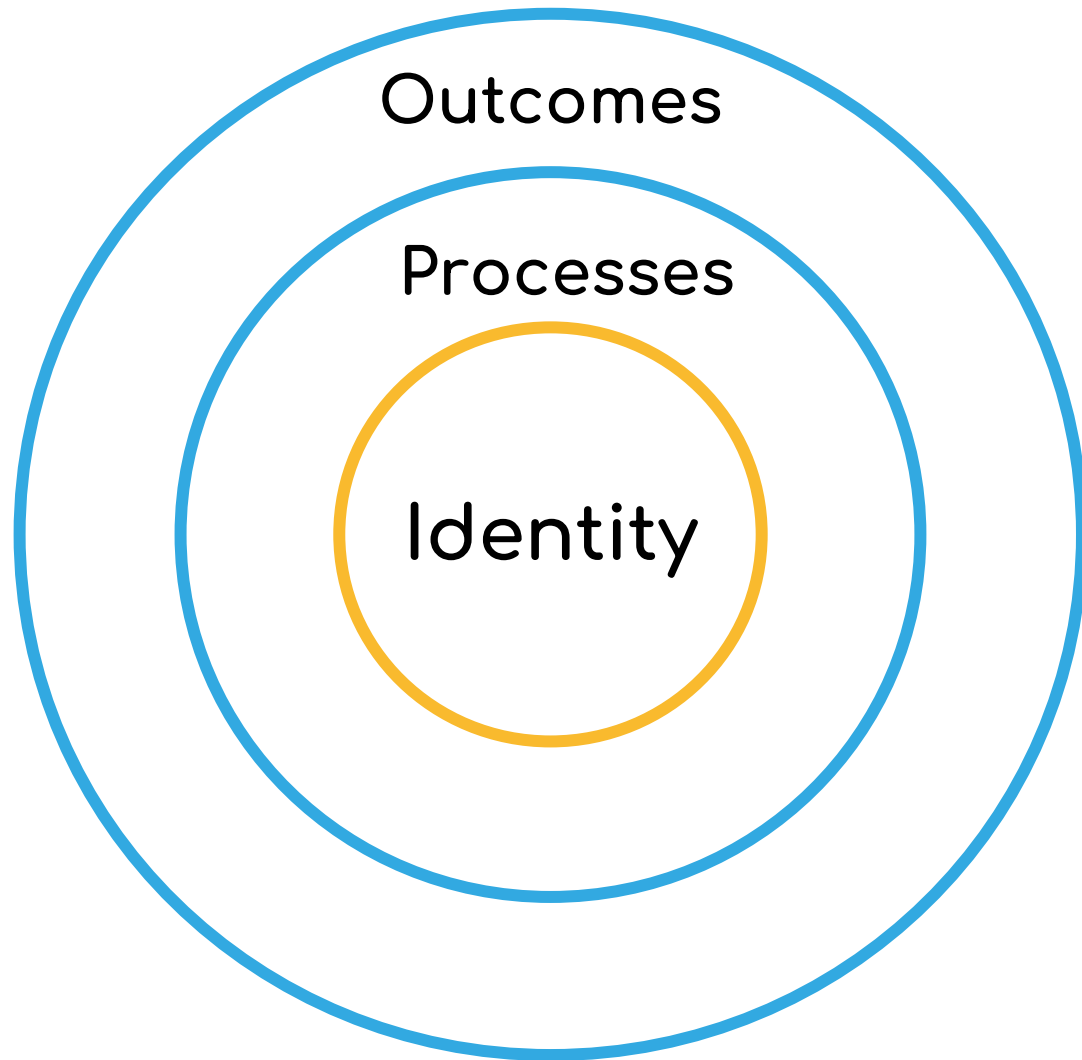
# Atomic Habits

An Easy & Proven Way  
to Build Good Habits  
& Break Bad Ones

OVER  
4 MILLION  
COPIES  
SOLD

**James Clear**





# Three Layers of Behavioral Change

- Outcomes – what you get
- Processes – what you do
- Identity – what you believe





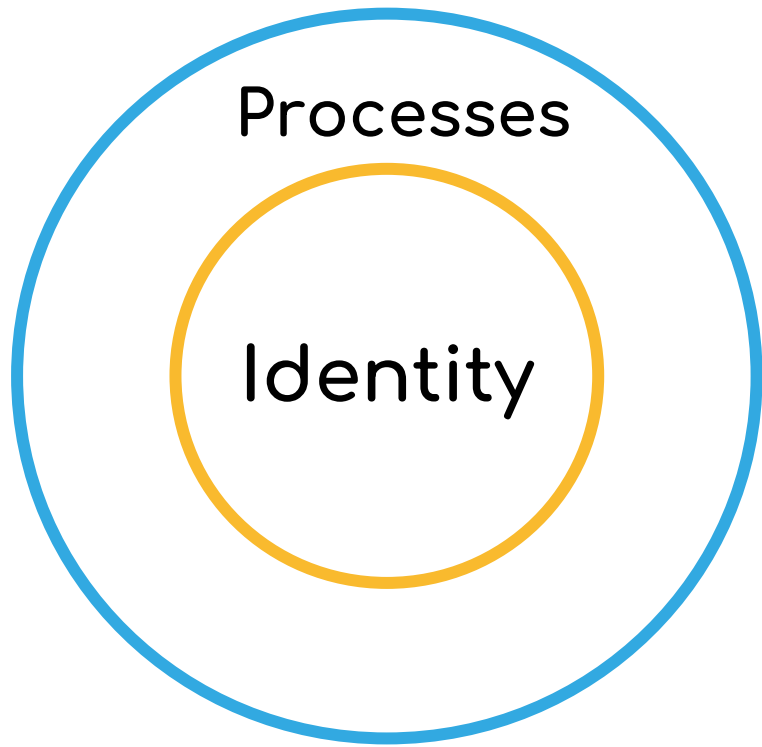
**“The focus should be on becoming a certain type of person, not getting a particular outcome.”**

choose

**Examples:**

- What would a healthy person do?
- What would a person who moves do?





**“The most practical way to change who you are is to change what you do.”**

move

**Examples:**

- Each time you write a page, you are a writer
- Each time you go for a walk, you are a mover



“A habit is a behavior that has been repeated enough times to become automatic.”





# How do you create a good habit?

1. Make it obvious
2. Make it attractive
3. Make it easy
4. Make it satisfying



# Make it Obvious

- When and where will you perform the activity?
  - I will go for a walk 10 AM around the block.
- Tie it to an activity that is performed each day.
  - After I eat lunch, I will go for a walk around the block.
- Create an environment that is stable and predictable.
  - Sit out your tennis shoes the night before.



# Make it Attractive

- Link an action of what you want to do with what you need to do.
  - Walk (what you need) while talking on the phone (what you want).
- Surround yourself with people who are doing what you want to do.
  - If you want to walk, find some other people who walk.



# Make it Easy

- The less energy a habit requires, the more likely it is to occur.
  - Start by walking a few minutes.
- Master the habit of showing up.
  - After you've started to walk, then it can be improved.

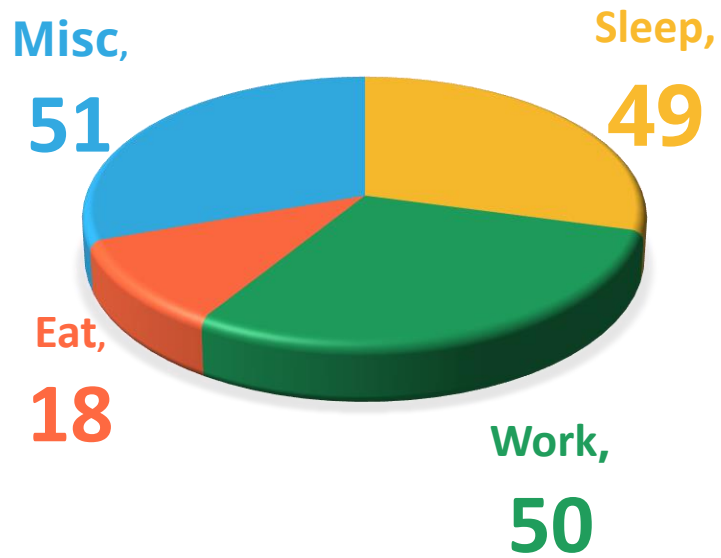


# Make it Satisfying

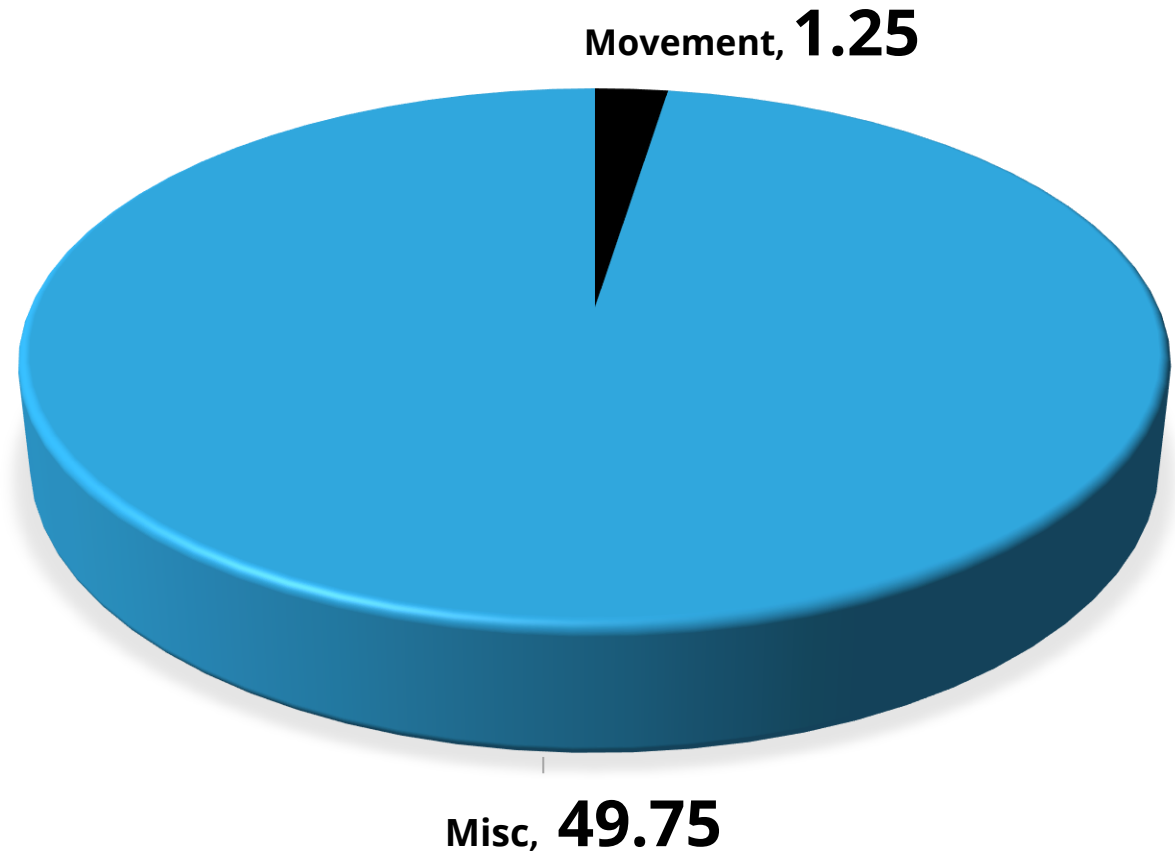
- You want to find immediate satisfaction by completing your activity.
  - Check your walk off your calendar.
- Track your progress.
  - By documenting your walks, you will see how far you've come.



# TIME IN ONE WEEK (168 HOURS)



# 75 MINUTES (1.25 HOURS) OF MOVEMENT IN ONE WEEK



# An opportunity to practice

choose  
to move



choose  
your level



choose  
your movement

[www.somavive.com](http://www.somavive.com)



# References

1. Clear, J. *Atomic Habits*. Penguin Random House. 2018.





# Discussion and Questions

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