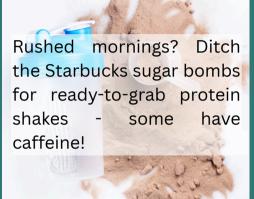
Swap It, Don't Stop It

Decades of psychology research have shown that it's much easier - and more effective - to replace an unwanted behavior with a more helpful one than to stop the behavior altogether. In the field of psychology, this is called behavioral substitution. Here are some examples that can help you stay aligned with your goals without changing your familiar routine.



Watching TV on the couch? Walk in place or stretch while you watch. Get those steps in!





Snack while making dinner? Anticipate and prepare with a bowl of raw veggies, some edamame. string cheese, or turkey roll-ups.

snacking? Mindless car Keep a bag of high-protein options handy in your purse or glovebox: jerky, protein balls, protein bars, or dry roasted edamame.



Scrolling in bed to wind down? I'm definitely guilty. Swap with stretching, yoga, meditation, or iust listening to calming music.

Late-night sweet tooth? So options! Vanilla many greek yogurt with berries, hot chocolate with protein powder, high-protein ice protein cookie, cream, protein mug cake.

Your turn! What's a habit or behavior that you're ready to replace? Come up with a substitution behavioral / that's more suited to your goals.