

**Discuss two ways to change problem cues and habits.**

**How can you change problem cues and habits?**

- 1. One of the best things you can do is to stay away from the problem cue.**
- 2. Or you can build a new, healthier habit. Practice responding to the cue in a healthier way. An excellent way to support yourself as you do this is to add a cue that helps you lead a healthier life.**

**It's important to remember that it takes time to break an old habit or build a new one.  
Change doesn't happen overnight.**

**Identify specific positive cues for activity that the participants could add to their home.**

Let's turn to **physical activity**. For most people, there are many things around them that lead to being inactive. For example, after dinner, you may automatically sit down in front of the TV. This is because the end of dinner and TV have been paired together many times in the past. But remember, you do have a choice. You could just as easily choose to take a walk after dinner.

If you have been inactive, you probably have many cues around you that are associated with inactivity and few that would cue you to be active. To be active regularly, it's important to add positive activity cues to your life. Over time, the cues will become paired with being active, and you will develop new activity habits that will become more and more automatic.

**What are some positive activity cues that you could add to your life?** Let's pick up our imaginary video again, and start with **where you live**. What could you add to the living room that would prompt you to be active?

Move from **room to room**. Mention a few examples from the handout and add some that are particularly relevant to the participants.