

Note: Some participants will find it hard to accept the idea that cues in the environment make them want to do or not do certain things. Try to find some ways for examples. This phenomenon is so common that we are usually unaware of how powerful it is.

These ideas are powerful, and they work. Also, they're nothing new. People use them every day, sometimes very consciously and sometimes without even thinking about it. Some examples:

- For generations, mothers have put leftover snacks in the front of the refrigerator so their teenagers are more likely to eat them before the foods spoil.
- Supermarkets put new products on the shelves that are the easiest to see and reach.

In this session, we want to help you learn to make changes in what's around you to encourage being more active.

Identify specific cues at home that are a problem for the participants. Discuss ways to change them.

Let's talk about **some of the problem cues in your life and some ways you can change them.**

Let's start with **where you live.** Imagine that we've just opened the front door. We have a video camera, and we start taking a video of what's in the room. Which room would it be? Do you see anything else that might make you think about not being physically active, like a TV or a comfortable chair? What is a change you could make to stay away from that cue or to build a new, healthier habit?

Move from room to room ("Are there other rooms that are a problem for you?"), asking for cues and discussing possible ways to either stay away from the cue or to build a new, healthier habit. If the participants have no response, ask them to refer to their previous Keeping Track records and/or turn the page in their notebooks to the list of common problem cues and ask if one or two of the examples apply to them (possible solutions are given below). Don't give too many examples. Some will undoubtedly come up at future sessions and can be addressed in detail at that time. The purpose of discussing specific examples is to make the "remember" points that follow of relevance to the participants.

Living room (or bedroom)

Cue: *TV (or computer, telephone).*

Solution(s): One way to break the connection between sitting and the TV is to make it a rule for yourself to not sit during commercials while watching TV (or while on the computer or phone). Keep an exercise bike or exercise mat near the TV.

Cue:

Solution(s): Limit TV time