

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Behavior Change Learning Activities

This week's topic is on behavior change, an important concept to study, contemplate, and then practice. Understanding change and how the brain works will enhance your ability to make lasting modifications, in any area of your life you are trying to improve. Be realistic and honest with yourselves. Strategize ways that will lead you to success. Give yourself the time to practice. You can do it!

- See the attachment on the habit loop. Keep in mind, you don't just "break" a bad habit. A replacement behavior is necessary for habit change.
- Click on this link to watch a [TED Talk](#) on brain change by Dr. Lara Boyd.
- Choose a habit or behavior you want to change. Use what you have learned to start the journey of change. Practice until you achieve. Send one or two of your thoughts on behavior change to healthyutah@pehp.org.