ready to change
your way to better health

Norfolk County Council
Public Health

Ending unhealthy habits to help weight loss

Here we present two main approaches to end an unhealthy habit. We encourage you to consider which would work best for you:

- You could consider changing the cue or trigger to that habit. If the cue is parking close to the supermarket entrance, think about going to the market in town instead.

- You could change the way you respond to a cue. Instead of staying inside when it rains, put on your wet weather gear and walk anyway.

Take a moment to think about the cues in your environment. Think about positive cues as well as negative cues you could change. These positive cues could help you increase the amount of activity you're doing or help you eat more healthily.

1. Replacing or changing the cue (or trigger)

Existing cues which I already have in my environment are:

New cues which could trigger me to be more physically active or eat healthier, which I could add to my environment, are:

Cues that trigger me not wanting to be physically active or to eat unhealthily, that I could remove from my environment are:

2. Change the way you respond to a cue (or trigger)

A replacement activity I could do after a trigger (which can make me choose not to be physically active or to eat unhealthily) is:

Something positive I could tell myself after experiencing a trigger (which I did not give in to) is: