

# Creating Healthy Habits That Stick



## How small daily actions lead to lasting change

Building healthier habits often starts with big intentions: train five times a week, eat perfectly, sleep eight hours... then life happens and momentum disappears. The truth is, long-term health isn't built through dramatic overhauls, it's built through small actions repeated daily.

At Fitness Passport, we see sustainable wellbeing comes from progress, not perfection. Whether your goal is to move more, manage stress, or feel more energised, the key is choosing habits that fit into real life and keeping them simple enough to repeat even when you're busy.

## March Challenge:

Make one habit stick over seven days.



One small action.  
Done daily.

### Choose your loop:

#### When I feel:

#### I will do:

E.g. sluggish / stressed / stiff

#### So I feel:

E.g. 10-minute walk

E.g. clearer / calmer / looser

**Example:** Feeling sluggish → 10-min walk → feel clearer

### To make it stick:

-  **Start small:**  
5–10 mins counts.
-  **Reduce barriers:**  
Make it easy to start.
-  **Frequency > intensity:**  
Progress beats perfect!
-  **If you miss a day:**  
Don't miss twice.

**Fitness Passport  
makes it easy**

Use your membership to choose what fits today: gyms, pools, yoga, studios, group classes and more, so you can stay consistent without getting bored. For more info visit: [fitnesspassport.com.au](https://fitnesspassport.com.au)