

Here's the Best Way to Make Your Exercise Habit Stick

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TIME:

It's not always easy to convince yourself to exercise after a long day of work. (Ok, it's *never* easy.) But people who consistently manage to do it may be using a simple trick—whether they realize it or not—according to a new study published in the journal *Health Psychology*.

The most consistent exercisers, researchers found, were those who made exercise into a specific type of habit—one triggered by a cue, like hearing your morning alarm and going to the gym without even thinking about it, or getting stressed and immediately deciding to exercise. “It’s not something you have to deliberate about; you don’t have to consider the pros and cons of going to the gym after work,” explains L. Alison Phillips, PhD, assistant professor of psychology at Iowa State University and one of the study’s authors. Instead, it’s an automatic decision instigated by your own internal or environmental cue.

Read the whole story: [TIME](#)