



HIGHWAY TO HEALTH

Motivate Yourself



Tip 1. Train yourself to get up on time like you *do* have a more traditional job.

Tip 2. People tend to adopt the characteristics associated with their garment. Avoid the temptation of wearing your pajamas and do not work where you sleep. 

Tip 3. Use an agenda to outline what tasks need to be completed. 

Tip 4. Turn off distractions (online chatting, Facebook, TV) when working. Reward yourself with one distraction after doing two hours of solid work. Try using **StayFocusd** to block distracting websites.

Tip 5. Working at home (instead of an office building) decreases your step count by a lot. Make it up by squeezing in a workout in the comfort of your own home!

Tip 6. Get some fresh air and rejuvenate your body. Get some social interaction while you're outside!

Source: www.forbes.com