



USLOOBI

— WALK —



LOOBI QUICK TIP #01

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Small steps create **big** habits.

Let's build your
walking habit **together!**



WHY BUILD A WALKING HABIT?



More energy
every day



Better health
for your heart



Clearer mind
and less stress

HOW HABITS WORK



Plan



Act



Repeat

Repeat small steps
every day.
That's how habits grow!

QUICK START GUIDE

1



Choose a time
that works
for you.

2



Start small.
Even 5 minutes
counts.

3



Be consistent.
Do it every day.

4



Track your
progress and
celebrate wins!



Your future self
is counting on you.
Let's get started!



HOW TO BUILD A WALKING HABIT

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Page 1 of 5



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LOOBI QUICK TIP #02

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Pick a time that **works for you.**

A good time makes
it easier to stick.



TIP



Morning, lunch break,
or evening—any time
can be your time!



Morning



Break



Evening

HOW TO DO IT

- 1 Look at your day
from morning
to night.



- 2 Find a time
you can be
consistent.



- 3 Block that time
for your walk.



- 4 Treat it like an
important
appointment.



Consistency
comes from
a set time.



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Page 2 of 5



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LOOBI QUICK TIP #03

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Start small. Even 5 minutes counts.

Small steps today,
big habit tomorrow.



TIP



Don't wait for
the perfect day.
Start with what
you have, where
you are.



BENEFITS



Builds momentum



Increases consistency



Makes walking
a natural part of your day

HOW TO DO IT

- 1 Start with just
5 minutes.



- 2 Walk at a comfortable
pace. No need to rush.



- 3 Choose an easy route
you enjoy.



- 4 Do it at the same time
each day.



- 5 When it feels easy,
add a little more time.



Small steps build
strong habits!

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LOOBI QUICK TIP #04

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Be consistent. Do it every day.

Your daily walk is
your **promise** to yourself.



TIP



Mark your walk on a calendar. Seeing your progress keeps you motivated!



BENEFITS



Builds a strong habit



Creates discipline and confidence



Improves your health day by day

HOW TO DO IT

1

Make walking a daily appointment with yourself.



2

Don't break the chain. One day leads to the next.



3

Life happens. If you miss a day, start again the next day.



4

Keep track of your streak. Celebrate small wins!



Consistency turns small actions into **big results.**



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Page 4 of 5



Every step you take today builds a stronger, healthier you tomorrow.



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LOOBI QUICK TIP #05

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Celebrate progress.
You're becoming
the person who walks!

Every step is a win.
Be proud of **YOU!**



REMEMBER



You don't have to go far.
Just keep going.



You don't have to go fast.
Just keep moving.



You don't have to be perfect.
Just keep showing up.



You've got this!



LOOK WHAT YOU'VE BUILT!

By building your walking habit,
you're building:



More energy



Better health



Stronger mind



More confidence



A better you



Keep going. Keep growing.

Your best self is on the way!



WHAT'S NEXT?



Ready to level up?

Next Course:

**BUILD YOUR
15 MINUTE WALK**



YOU DID IT!



YOU BUILT YOUR WALKING HABIT!

Keep walking. Keep winning. ♥

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