



## **LESSON 5: KNOWLEDGE** **STRATEGY**

**TALKING POINT:** Although you may not think so at first, simply the facts you know to be true about habits you want to stop & habits you want to start can have a strong impact on your successful change.

**EXAMPLE:** Smoking is associated with at least 12 kinds of cancer. There is a strong correlation between physical fitness & low absenteeism at work.

**QUESTIONS:** How many of you could do a 10 - minute talk on the benefits of jogging? What are some of the facts you know to be true about the benefits of jogging?

What are some of the facts you know to be true about the disadvantages of an inactive lifestyle?

### **OPTIONAL TALKING POINT:**

Sometimes you might find yourself resisting learning anything about a habit you want to stop. Or for that matter, a habit you want to start.

**QUESTION:** What is the payoff we might be looking for when we DON'T want to learn about our negative habits? When we don't want to learn about our positive habits?

**TALK ABOUT DURING THE RUN AND/OR HOMEWORK:** Where specifically can I find out reliable information about the habit I want to stop as well as the habit I want to start?

**READING** from The Beginning Runner's Journal: Pp. 36-46.

**FOR MORE INFORMATION:** Go to [www.habitshift.com](http://www.habitshift.com) or [www.sportmedbc.com/habitshift](http://www.sportmedbc.com/habitshift)