The Virtue of Habit

By: Haven Kramer

Everything we do, is based off of habit. From the way we talk, the way we act, to the way we move. Some of them are good, while some of them are bad. But they are all habits at their core. Throughout this blog, I am going to discuss how turning healthy choices like exercising and eating right can make a tremendous difference to you not only physically, but also mentally. This is "The Virtue of Habit".


What is habit? Well, habit is a choice that is subconsciously made on repeated basis (i.e. brushing your teeth every morning). We all do at least one thing that has now become a habit. Unfortunately, all of us have developed many unhealthy habits (including myself). Things like smoking, drinking and many other things. The main two, are eating unhealthily and being lazy. Yes, these two things have been said countless of times by thousands of people, but it can't be said enough, especially when people aren't trying to change, or they do try but if they don't see instantaneous results, they stop trying. People don't understand or care enough, to realize that if you want to see change (results), you have to make healthy choices on a frequent basis. Whether that be exercising regularly or eating healthy.

The best thing about making these healthy choices, as said at the beginning, they become habitual. After a certain amount of times of going to the gym and exercising or eating salads etc. you just do it without having to think about it. The beauty about this, is that it in turn, becomes a lifestyle. And with that lifestyle, you truly begin to lose the weight you want to lose or build the muscle you want to build.

The main reason why habit is important when it come to our health is the science behind it. Being physically active and eating healthy is good and all, but if done periodically, it becomes null and void. It is very simple, and it goes like this, on a weekly average you consume 2500 calories and on average you burn 2500 calories. That includes your metabolism and the occasional 2 kilometer walk that you do once a week or so. Yes, you may be physically active, but you will never see any weight loss due to you not burning more calories than you are consuming. So, instead of just going on that trending diet that says you will lose weight within a flick of a switch and then stopping, turn that 2 kilometer walk into a habit. Doing this will make you burn extra calories, allowing you to lose weight on a constant basis or maintain the weight you lost. Just to illustrate, if you are still consuming an average of 2500 calories. In turning that 2 kilometer walk into a habit, you are now doing the 2 kilometer walk 7 days a week
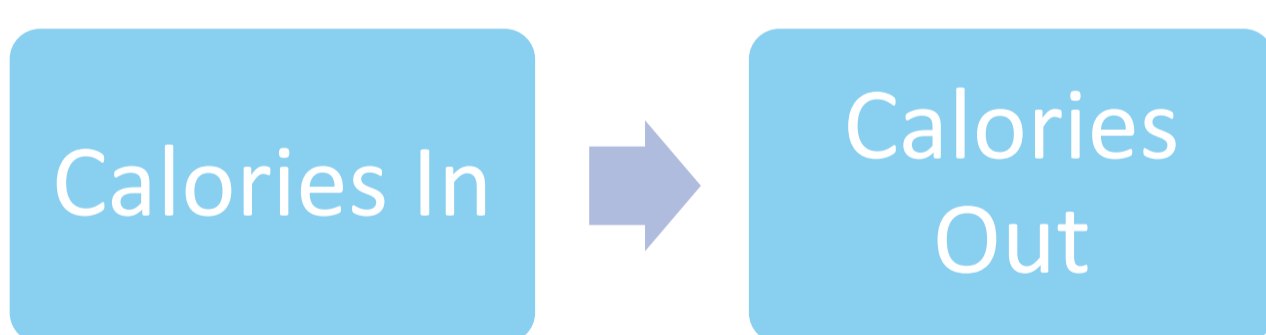
instead of 1. Because of that, you have now increased the number of calories you burn from 2500 to 3200. In doing this, you have now put your body into a caloric deficit, giving your body the opportunity to use those extra calories that surround your body (body fat). And because you have turned that walk into a habit, you will lose weight at a healthy rate and on a constant basis.

That is the overall thing about fitness and health people haven't come to realize yet. Yes, you must make the choice to exercise and/or eat healthy. But focus on turning that choice to exercise and/or eat healthy into a habit so you can then make the choice without having to think about it. Inheriting this method to life will not only help health wise but will make life that much more worth living than it already is.