

PHILADELPHIA, PA, October 02, 2013 **/24-7PressRelease/** -- Kyle Leon is a personal trainer, nutritionist and fitness model who supports a current [article](#)

featured in The Huffington Post that highlights how to become a creature of new habits. As a professional motivator and physical trainer, Kyle Leon understands that implementing new health habits and making them stick is often difficult, even for the most determined among us. The article emphasizes a few small but important habits to foster positive change, a few daily routines that may cultivate a healthier lifestyle.

The first habit the article mentions is to make the bed every morning, a task that does not seem to have as much to do with ambitious goals. However, the report notes that "perfecting your hospital corners" is like meditating twice daily or learning Mandarin: "It's an example of a 'keystone habit' - along with regular family dinners and daily exercise - that sets in motion other good habits." Charles Duhigg, author of "The Power of Habit" notes that bed-making is "correlated with better productivity, a greater sense of wellbeing and stronger skills at sticking with a budget." The article adds, "The point is that strategic 'small wins' strengthen something you really need when you want to change for the better: willpower. First, conquer the bed; next, the world."

The report also recommends "dangling a low-hanging carrot," a habit Kyle Leon also emphasizes. "I tell my clients to reward themselves right after each workout," he said. "Rather than encouraging them to reward themselves with ice cream on Friday and try to make it throughout the week, it is easier to reinforce habits with small, immediate rewards."

The report states that this phenomenon is because "dopamine, the feel-good chemical that reinforces habits, increases more with the prospect of an imminent reward than an abstract one." Duhigg writes, "Only when your brain starts expecting the reward - craving the endorphins or sense of accomplishment - will it become automatic to start lacing your jogging shoes each morning." Leon encourages clients to bond themselves to a new habit for nine and a half weeks.

A study led by Phillippa Lally, PhD, a psychologist at the University College in London debunked the three-week rule to forming a habit that served somewhat as an urban legend. She asserts that it actually took people 66 days (nine and a half weeks) for a behavior to become automatic - or in other words - to feel weird not to do it.

Even this number is just an average, and Leon reiterates that forging a new habit gets easier and easier as individuals gain momentum. Lally encourages people to stop counting the days

Kyle Leon Invigorates the New Healthy Habit Life

Written by Australian Business

and to just do it. Kyle Leon advises people to change habits by downloading apps for accountability, whether they want to implement a rigorous new work-out plan or accumulate "small wins" like drink nine glasses of water daily.

ABOUT:

Kyle Leon is a specialized nutritionist, personal trainer and fitness model who is passionate about improving his own health and the health habits of others. He strives to motivate others to create customized nutrition and training programs that meet their individual needs based on their capabilities and goals. He is the creator of the Customized Fat Loss system and the Somanabolic Muscle Maximizer system. He shares his knowledge and experience with others through a written fitness book, which has become an international best seller.