



Do it together!
**- it creates social
cohesion**



FEBRUARY **- MAINTAIN MOTIVATION**

Our motivation is driven by intrinsic and extrinsic motivation:

- Intrinsic motivation comes from within us. These are the factors that motivate us deep down. That is our "why".
- Extrinsic motivation is driven by surrounding circumstances.

In a process of change, it is important to find our intrinsic motivation. Because despite our best intentions, many challenges can arise which makes it difficult to change behavior.

Below are a few tips to maintain motivation.

01.

Find Your "why":

To maintain the motivation to be more active, it is essential to find the reason why you want to be just that. That is the motivation that underlies why you want to change your behavior. So when we experience ups and downs, we can remind ourselves why we want to be healthier and more active.

02.

Be social:

Make a regular appointment with a colleague to be more active during the working day. For example, you can do power breaks together or pass the office bike on to each other when you are done with it.

03.

Participate in challenges:

Sign up for the challenges in the OfficeFit app - it can help with an extra motivation boost. In addition, you will experience a sense of community when participating in a challenge with your colleagues.