

## Importance of Consistency

Starting a new fitness program is fun, exciting, and motivating. However, starting isn't going to be enough. Making healthy choices a part of your lifestyle and being consistent with them is crucial to seeing success.

With most things, improvement and change come with consistency. Exercise and nutrition are no different. Consciously making healthy choices in your daily agenda will give you the weight loss, strength increase, performance enhancement, and overall health you're reaching toward.

Consistency is key, but how do you stay in the game? You buy the program, you sign up for training, you're decked out with equipment, but your motivation and drive aren't matching up. I have listed a few things that will help you stay encouraged and consistent to ultimately see the results you want.

### **1- Don't beat yourself up!**

Expect yourself to miss a day. Expect yourself to indulge in that oh-so-tempting chocolate cake. It happens. Sometimes life gets busy, you're tired, or you give into that craving. Just make sure that it is only once in awhile. If you notice you've missed a week or you are having that "treat" every day, it's time to refocus and get back to it.

### **2- Don't expect fast results!**

We are all different. Our bodies all react differently. Depending on age, gender, body weight, current fitness level, etc., no one body will see the same results at the same time with the same routine. Don't compare yourself to others. Stay with the program, stay true to yourself, and enjoy each day you get to move. Every day you're doing active, you're getting stronger and healthier. The visible results will come!!!

### **3- Just start moving!**

No matter if you're exhausted, overwhelmed, or short of time, just start moving. In these conditions, don't be bummed if your workout is half-hearted or lousy. Something is better than nothing! Be proud of yourself for doing it when you didn't want to. The hardest part of a workout is getting started, then it become enjoyable and you'll be glad you did it!