



*Consistency Gut Check For A Healthy Lifetime of Fitness*

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The almighty words “**CHANGE**” and “**Improvement**” occur when you do things *often*.

When you yo-yo exercising (as I coined the phrase) i.e. stopping and starting all the time will kill any of the momentum you need to succeed.

Therefore you must figure out all of **the ways that will help you stay in the game**. Most people don’t realize that moderate forms of exercise when done consistently provide far better results than the occasional 2 hour full-body pummeling.

A lifestyle that includes multiple forms of exercise five to six days a week = **CONSISTENT results!** After all, there is no better motivation for continuing an healthy lifestyle than seeing results right?!

**So how does anyone sustain anything without motivation?** You joined this program because you're committed to making huge changes in your life. Being consistent is critical. But being consistent and staying motivated can be difficult at times. We travel, get sick, get tired, and often get discouraged. We work too hard, we under-sleep, and we get stressed out...

**What about the “other” people; the ones who don’t quit?** Are they made of super human muscle and brain tissue that can withstand any sort of bump in the road? What the hell makes them so special? Why are these robot people consistent and others aren't? The answer is that successful, consistent, and motivated folk have tricks . . . Aha! They have found a way to do it anyway.

Here's my quick list of tricks that will help you stay motivated and consistent:

**1) Stop beating yourself up if you can't sustain and/or maintain your "perfect" plan.** It's okay to miss a workout once in a while. It doesn't mean that your process has gone to hell in a handbasket. It doesn't mean you have to start over. Life happens. Priorities shift. So what? Big deal. Just start up where you left off. Add the missed days to the end of the week or month.

ALAS, the burden is lifted! Of course, you must recognize the difference between a missed workout or two and a missed *week* or two. If you miss 2 weeks of exercise, it will take at least that long to get back to where you left off. If you miss one workout once in a while, you lose nothing. The extra day off can even do the body good.

**2) Don't freak out if you don't SEE results in the first 2-3 weeks or rather 2-3 CONSISTENT weeks ☺.** "What?! No results in the first month and a half?!" See, I knew you'd freak out. The reality is that we all have different starting points. Some folks will see results the first week—bastards! Others will have to wait a little longer, based on age, body weight, how out of shape they are when they start the program, flexibility, balance, athletic background, etc.—this is normal.

Remember you are trying to create a consistent HABIT. This doesn't happen over night, by any means. A huge chunk of the workouts are just getting you used to doing something most if not all days per week.

**3) Progress, not perfection.** NO ONE who has anything close to the body they've always wanted has ever achieved it without really enjoying what they are doing (on some level.) The most successful and consistent fit people have shift their focus and mindset away from the "ultimate end-goal" and stay present and connected to the details of the journey.

Whether you just started this program or you have been doing it for 2 months, this information will help you turn over a new leaf and kick consistency's butt!