

Consistency is key when it's workout time

As we turn over a new year, many people set out to improve their fitness and work out on a regular basis. This consistency is one of the most important aspects to a successful workout program. In order to see results, you must exercise on a regular basis for an extended period of time. The human body can't change overnight; it takes stringing together months of hard work. Here are four ways you can be more consistent with your workouts and achieve the results you want this year:

- Schedule your workout: Think of your workout like any other appointment or activity in your day, set a time in your schedule for it. Too often people think of their workout out as something to squeeze in between other daily commitments if they have the time. If you have planned days and times to work out, it no longer becomes a struggle to try and figure out when to get to the gym.
- Accountability: Working out with a partner or group, especially with a trainer, is a great way to keep you consistent. Guilt is a powerful motivator. Not wanting to let your workout buddy and/or trainer down will get you to the gym on those tired, busy days when excuses are close at hand.
- Goals: Set S.M.A.R.T. (specific, measurable, achievable, relevant, timely) goals. Whether it's body fat percentage, lifting a certain weight or dress size, set a goal to work toward in the gym. That goal will give you a purpose and something to get excited about during your workouts, as well as a great feeling of accomplishment when you reach it. This will keep you feeling successful, productive and wanting to work hard to keep it up.
- Sleep and Nutrition: Being tired or not feeling well is another common excuse to skip out on a workout. Proper sleep and nutrition will keep you full of energy and feeling good all day long; making it easy to get through an hour at the gym, your run, yoga or however you plan on moving that body.

Follow these tips, stick with it and keep working hard.

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