

5 Tips to help you stay consistent

Staying consistent isn't about being perfect, it's about building small, sustainable habits that keep you moving forward, even on the days you want to give up.

Here are my top tips to help you stay on track and keep motivation up:

- **Set clear, realistic goals**

Have a clear target that gives you direction and something to celebrate when you hit it.

- **Schedule your workouts like appointments**

If it's not in your calendar, it's probably not going to happen.

Treat your workouts like important appointments, because they are.

- **Don't wait for motivation**

Motivation comes and goes. What keeps you consistent is routine. Focus on building that discipline and not waiting until you "feel like it".

- **Make it convenient**

Everyone's lifestyle is different, you need to pick training/exercise that you enjoy, suits you and goes towards your goals. Also pick timings and days that fit your lifestyle.

- **Track your progress**

Progress isn't just about the scale. Instead take progress photos, track your strength, your mood/energy levels and how clothes fit. Seeing results, even small ones, will help you stay motivated.



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