

Motivational Tip 4

CONSISTENCY CREATES CHAMPIONS!

Many years ago, I had a training client named Ken. Ken would always invite his 11-year-old son, Tyler, to join him during his workouts. One day Ken asked me to create a workout program that Tyler could do at their house. The plan was simple, but the message was deep. I showed Tyler proper push up form, crunch form, and squat form. I told him that his goal was to try to get to 100 reps every other day. I took him into my office, and on an index card I wrote the words, "Consistency Creates Champions!" I told him to live by these words and anything would be possible.

Fast forward seven years, and it was time for Tyler to graduate high school. He had become a great student athlete, football player, but more importantly a really nice, intelligent young man. I was proud of him, his accomplishments, and it was clear to me that he had been very consistent on the fitness front. He invited me to attend his graduation open house. It was a small get together with just friends and family. Once I arrived, Tyler asked me if I had a minute. I said sure, and Tyler proceeded to lead me up to his bedroom. As we entered he pointed to his nightstand by his bed. As I approached, there was the dilapidated index card with my handwriting on it. "Consistency Creates Champions!" He asked me if I remembered writing that. Clearly I did. He said, "I have read that everyday since you wrote it. I do 100 push ups, 100 crunches, and 100 squats every other day. I want to thank you for changing my life. Three simple words and your encouragement has helped make me who I am today. THANK YOU!"

It was one of the most powerful moments in my training career. I wish I could write 3 simple words on an index card to all of my clients and have them adhere to the message the way Tyler did. The reason I write this, is to let you all know that fitness isn't rocket science. I always say getting into shape is the easiest, but most hard thing to do. If you workout consistently and eat cleanly, you're going to get in shape. It's that simple! If you feel like you are struggling with our program from a consistency standpoint, please reach out to me and hopefully I can help you. Over my 20-year career, I have learned that I don't change lives, I facilitate the platform for a person who wants to change. Be CONSISTENT, and you will see a CHAMPION in the mirror!

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