

Motivational Tip 9

"The only EXCUSE, is the excuse. And the only one who believes it, is the one who says it!"

Welcome to the last 4 weeks of the program. By now you have put in 8 weeks worth of workouts. And now you have 24 more workouts to go. "Seal the deal", "Finish", "See it through", "Close out", "Complete", "Get the job done". These are just a few things that you should be thinking about over the next 4 weeks. Simply put, have a "no excuses" attitude. We are happy for you and for the group. Please let us know how we can help you. "See it through" or "Close it out" or "Get the job done". You get it? Now, as Nike says, "Just do it!"