

Core Fitness Coach Jessie Adams presents

“Top 5 Training Tips for Your Success”

- 1. Be Consistent:** consistency can be the greatest tip for reaching a fitness goal.
- 2. Switch it Up:** Get a Routine that consists of Strength Training, Aerobic, and Interval Training.
- 3. Set Realistic Goals:** It's what you do most of the time, not all of the time. Don't strive for perfection or a goal that can't be met. Focus on creating new and healthy habits that create quality of life.
- 4. There's no “I” in Team:** Find a friend or relative who you can partner or team up with to hit the gym or bike path on a weekly basis. I have several clients that do group training, and actually prefer it to individual sessions. It not only allows you to push each other but also makes it fun and can be more cost effective if you are considering working with a personal trainer.
- 5. Get Inspired:** Fitness is a state of mind. Who or what inspires you? To stay focused or hungry for change, you must constantly be fuelling your desires just as you do your body. Read motivational articles on others who have reached the same goals, or inspirational stories that empowers your inner drive.