

THE RMF COMMUNITY

A blog by Thomas Regan



OWNER,
REGAN'S MOTIVATED FITNESS

It's the *start*

that *stops* most people.

I have found that I am my most productive, and happy, version of myself when I am amidst a good workout regimen. These workout regimens are hard to start and even harder to keep going sometimes. Just because something is hard, doesn't mean it's not worth doing because these good routines are the secret to living happier and healthy lives. Now, here's the Regans' trick to getting started; **JUST DO IT!** Sorry for the trademark infringement Nike, but it's truly that simple. It's the start that stops most people from getting into a healthy lifestyle but I am telling you that we are here to help you with that *start*.



Let
us
help
you
with
your
start!

We are what we repeatedly do.

Our daily and weekly routines, for better or worse, are compilations of our habits. Most of our habits are done so routinely that we don't even think about them. This is all fine and dandy if these habits have us in the best shape of our lives, saving more money than we're spending, healthily grasping our time management and overall happy in all facets of our lives; chances are though, there are habits that we currently have that are taking potential joy, health and happiness from us.



**Excellence then
is not an act,**



Good habits, repeated regularly will make us all around happier and healthier people. "We are what we repeatedly do. Excellence then, is not an act, but a habit." This quote can explain not just excellence, but mediocrity and under-achievement as well. We ARE what we repeatedly DO. Basically we are defined by the habits that we repeat regularly. The more we reinforce good and positive habits into our lifestyles then the more good and positive we will be as people.

but a habit.

It's almost impossible to maintain positive habits in negative environments.

When it comes to physical fitness and wellness this is all too true. It is easy to fall into a regimen of inactivity. Especially over these last few years of isolation and seclusion, it has been easy to make the couch, our TVs, and our phones our most utilized life lines. It's now time to change the page and transfer some of those life lines to things that will better us. Let's swap the couch for the pavement, trade the social media scrolling with some motivational group texts (I'm the self-appointed leader of several of these if you're interested), and trade the netflix marathons for cardio binges! It is nearly impossible to introduce and maintain a positive habit into a negative environment so surrounding ourselves with the types of people that we seek to be more like will help us achieve that goal of happiness and healthiness.



***It's hard to soar with the eagles,
when you're surrounded by turkeys.***

These are not empty offers. I truly want you to use me, my father, Michelle or our overall Regan's Motivated Fitness community as the environment for you to surround yourself with so as to engrain these positive habits into your life. Jump into our 10 mile running training! Join our Strava group! Take part in our Outdoor Bootcamp starting April 4th! Or start your own training for something and let us join you! We may all be somewhat a product of our environments but who says we can't change that environment for the better?!? As a great lyrical genius of our time Mr. Deeds once said, ``It's hard to soar with the eagles, when you're surrounded by turkeys." It's time to trade your turkeys in for the eagles at Motivated Fitness, we are ready to soar with you!

