

THE KEY TO CONSISTENCY

A blog by Michelle Hynes



GENERAL MANAGER

REGAN'S MOTIVATED FITNESS

Consistency

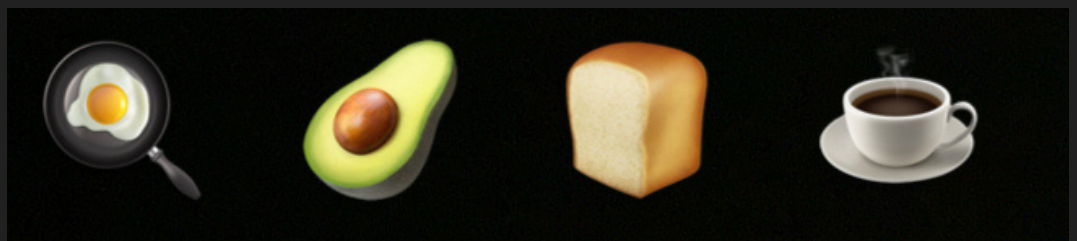
What
does
it
mean
to
you?

Being consistent with a healthy lifestyle is hard. Anyone who says it's easy is not being truthful. Things pop up all the time that can affect your consistency when it comes to your health and wellness. I try to pick one thing at a time to be consistent with and that helps me.

When it comes to my nutrition, my one constant is my breakfast. Every day I eat the same thing;

- Fried egg
- 1/2 an avocado
- One slice of Dave's killer bread
- Oh and don't even try to get me out of my house with my morning cup of tea!

Every morning is the same, like Bill Murray in Groundhog's Day.



Control what you can Control!

Why do I do this?

It is a control thing for me;

I know how many calories and how much protein I am eating to start each and every day. Even on the weekends I am constant with this. It gives me the feeling that I have started my day off right.

Even if I go out on the weekend for lunch or dinner I know it will be ok because tomorrow I can have a fresh start with my tried and true breakfast. Every morning I am able to hit the reset button and start my day with that one constant.



What positive *constant* can you bring into your life?

There are many other positive things that I do that are a constant in my life and work for me. That doesn't mean they will all work for you because we are not all built the same. If we were, the world would be so boring. We all have some sort of consistency, for better or worse, in our lives and we may not even realize it.

If you have found consistency with a nightly bowl of ice cream, maybe you can switch that to a small serving of fruit.

If you have been consistently binging Netflix every week, maybe try to sub in a weekly walk or run with a friend.

Let's all try to use consistency to incorporate positive habits into our routines and create a more healthy lifestyle for ourselves!

What is yours going to be?

I'm here to help!

