

Consistent Change

The “big ten” components of fitness in our health plans are muscular strength/endurance, cardio/pulmonary or aerobic training, nutrition, flexibility, mindfulness, rest, balance, laughter/joy, good friends, and change. We must have consistent practice of each of these components.

So, you get into a great routine with all of these key ingredients to good health and get some super results, when all of the sudden, you find yourself in a rut, riding on a never-ending plateau and losing motivation. What’s going on here?

You need a change! A tune-up, so to speak. It is very important to change each of these components, on a regular basis. Every 4-5 weeks, change it up. Shake up your strength training routine by simply changing the number of repetitions, the number of sets, the order of your lifts, or the days of your strength training. Spice up your cardio by changing the route that you walk or run, do an interval workout instead of the same old pace, or jump on a different piece of cardio equipment.

Our bodies become accustomed to our workout routines and then we no longer respond to the training. Changing our routines keeps our body guessing and therefore quite responsive to the fitness demands. Change also keeps our minds fresh and enhances the level of motivation.

So, stay off of that fitness plateau and practice... “consistent change.”

