



**3 TIPS FOR
CREATING
SUSTAINABLE
& LONG-TERM
RESULTS**



#1 KEEP IT SIMPLE.

**FOCUS ON ACHIEVABLE AND SMALL
DAILY GOALS THAT WILL BUILD YOU UP
TO YOUR BIGGER GOALS.**

EXAMPLES:

- **HITTING A STEP GOAL**
- **DRINKING > 100 OZ OF WATER**
- **JOURNALING**
- **READING 10 PAGES**



**#2 GOING SLOW IS BETTER THAN
NOT GOING AT ALL.
I KNOW IT'S CLICHE TO SAY "IT'S
ABOUT THE JOURNEY, NOT THE
DESTINATION," BUT IT'S REALLY
TRUE. IF YOU WANT SOMETHING
LONG-TERM, IT'S GOING TO
BECOME A PART OF YOUR
EVERYDAY LIFE. NOT JUST FOR 8
WEEKS.**



**#3 CHOOSE FORMS OF FITNESS YOU
ENJOY & LOOK FORWARD TO.
IF YOU DON'T ENJOY THE GYM,
THERE'S PLENTY OF OTHER WAYS TO
EXERCISE & IMPROVE YOUR FITNESS.
IF YOU LOVE THE GYM, UTILIZE IT TO
YOUR HEART'S DESIRE.
AND IF WHAT YOU ENJOY CHANGES
OVER TIME, THAT'S ALSO TOTALLY
OKAY!**



**BONUS TIP:
FIND AN AWESOME
PARTNER TO JOIN YOU
ON THE JOURNEY!**