

Steps to Maintaining Momentum

How many people lose a few kilos then put it back on? And then they do that again? We all know them, people who will start something, but never finish.

Starting is always much easier, then maintaining and sticking to a plan.

Maintaining momentum:

1. Think less, do more.
2. Take small steps. Start something drastic and you'll give up feeling exhausted.
3. Sometimes you have to do it, even when you don't feel like it.
4. Feel excited, your defined goal should fulfill a purpose.
5. Lose the escape clause. Quit using excuses. It doesn't matter if it is raining, or if it is hot, or if you have your friend's party to organise. Work around it. Things will always come up.
6. Find someone to be accountable too. Maybe a friend or a trainer. You won't want to let them down, even if you are willing to let yourself down.
7. You'll regret not doing it, but never will you regret doing it.
8. Keep setting goals. Don't train for the city to surf and then stop there, or lose weight for a wedding and go back to normal bad habits. Set new goals. Goals should keep moving forward as you do