Tip of the week **– “Schedule in your workouts”**

Can’t seem to find time to exercise regularly? You’re much more likely to stick to something if it is planned into your diary rather than just hoping the time will “appear” within your week.

Sit down before the week starts and think about when you can schedule in at least 3 – 5 slots of 20 - 30 minutes in which to exercise. Regularity and consistency is absolutely key to getting results and the only way to maintain this is to plan. It doesn’t matter whether you are training alone, with a friend, with a trainer or at group classes it’s so important to block out time in your week for these training sessions. You will reap the rewards and your body will respond positively to it!