**Tip of the week – “Follow the 80/20 rule”**

Whilst consistency and dedication is important, you don't have to be a saint to get results. This little tip is especially relevant at this time of year as your social calendar begins to fill up.

Follow the 80/20 plan - Eighty percent of the week remain strict and work towards your goals (which I hope you’ve set!), keep to this; exercise regularly and eat well. Know that you'll likely want to relax it 20 percent of the time due to holidays, work deadlines and life. When you accept that fitness isn't an all-or-nothing proposition, you're more likely to stick with it.