Tip of the week – **Aim for progress, not perfection**

It sounds simple enough right? Try putting it into practice!

Whatever your goal may be, whether it’s weight loss, muscle gain, to improve fitness or body composition etc. lots of you will have in mind the “ideal” physique you wish to aim for. I’m asking you to cast this image aside and try to focus on personal progress over the last week or two; rather than thinking “I’m still not there yet” try to think “I ate healthily all week” or “I completed all my workouts this week” and give yourself a virtual pat on the back. It’s very motivational once you start thinking like this and will help to create a positive mind-set moving forward. Remember all progress is progress and will all help to reach that goal over time. Let me know how you get on with your progress!