

#3 Be consistent.

I will work out 5 days a week, every week regardless of circumstance. Doesn't matter if you're on a business trip, or your on vacation, or your babysitting, or your mother is in town, or whatever else excuse you have.

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#4 Be persistent.

Whether I am on vacation, missed my favorite workout class, or need to stay at home with my kid, I will make the time and cater the workout to my environment or time of day.