



I LOST IT AT THE CLUB TIP #6

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Trainer Tip of the Week from [Alysa Tanis](#)

Consistency!

I know all of you reading this are consistent in brushing your teeth, so why can't you be consistent in taking care of your heart? Let's go over the facts of why you should be taking care of your heart. Physical activity and exercise prevents heart disease, stroke, hypertension, type 2 diabetes, obesity, and some forms of cancer. In order to prevent or slow down the process of these diseases the Surgeon General recommends at least 30 minutes of light to moderate exercise on most days of the week. If your schedule allows, physical activity should be performed everyday! The idea of exercising everyday may seem a bit overwhelming at first, but let's think about it- there are 24 hours in a day. All you need to do is dedicate at least 30 to 60 minutes of those 24 hours to exercise. Find a physical activity you enjoy and invite a friend to join you. The more you enjoy the exercise, the more likely you are to be consistent with it. Personal trainers do not have a magic wand and no exercise program in the world works if you are not consistent with it!

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