

# How Consistency Improves Fitness Progress

*Consistency is the key factor behind long-term fitness progress, improving both physical and mental health.*

## Benefits of Regular Exercise



**+65%**  
Better sleep



**-20%**  
Disease risk



**+50%**  
Mental health



**Step 1**  
Set goals



**Step 2**  
Build habits



**Step 3**  
Track



**Step 4**  
Maintain



## Consistent vs Inconsistent Training

**Consistent** | **Inconsistent**

**+40%**  
motivation

**+10%**  
fatigue



## The Power of Consistent Workouts

Small habits lead to big change



Younger adults benefit the most

