

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



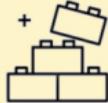
+50%
Mental health



Step 1
Set goals



Step 2
Build habits



Step 3
Track



Step 4
Maintain



Consistent vs Inconsistent Training

Consistent

+40%
motivation

Inconsistent

+10%
fatigue



The Power of Consistent Workouts

Small habits lead to big change



Younger adults benefit the most

