

The secret to never skipping a workout

Spoiler: It is not a fancy gym membership or a strict diet. The key to showing up every single day is something you can build starting right now.

BY TONY MUSHOBOROZI

Exercise is hard. Yes, it has the potential to improve your life, but it is hard. It tortures your body, leaves your muscles sore, and your ego bruised. However, the most difficult aspect is developing the discipline to achieve consistency. Without it, you will not get fitter, lose weight, or reach any of your goals. Without consistency, your efforts, and often your money, are wasted.

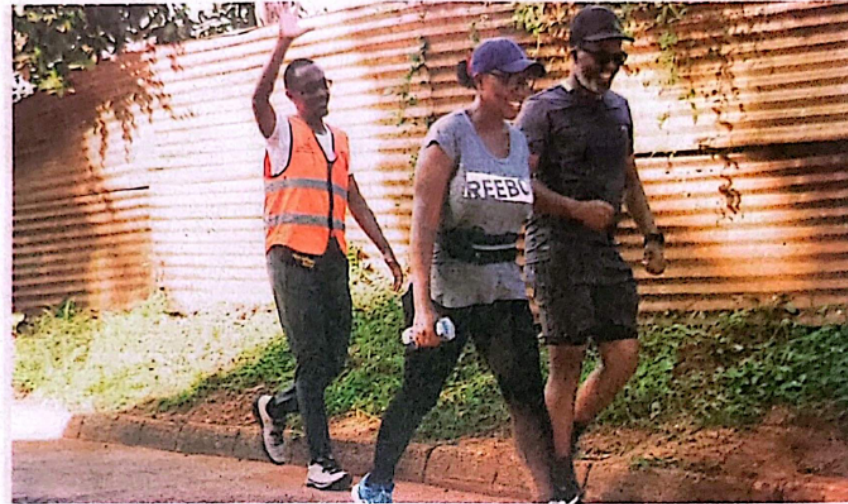
It goes without saying that consistency is as important as the workout routine itself, if not more so. But it cannot be bought; it is rare and must come from within. Achieving it takes extra effort, but you can build it by following these tips from workout enthusiasts.

Remember the 'why'

Remembering why you started in the first place is crucial, a sentiment echoed by almost everyone we spoke to. Joseph Beyanga, also known as Joe Walker, a renowned walking enthusiast, emphasises that keeping the purpose of your workout in mind helps you stay motivated long after the initial excitement has faded. "You will make time for what matters to you," he notes.

Solomon Kobwemi is a regular gym-goer, but he did not start his fitness journey there. He started walking on his doctor's advice due to back pain he had developed. Walking alleviated his pain, so he continued, eventually realising he was getting in shape as well. This motivated him to start going to the gym to enhance his physique. He explains that he continues to work out regularly because he remembers his initial motivation.

"For me, these days, I keep going because I want to look good and stay in shape. Also, the grumpy feeling I get when I skip a



Without consistency, your efforts, and often your money, are wasted. PHOTO/TONY MUSHOBOROZI

workout drives me to go, even when I do not feel like it," Kobwemi says.

Joanitha Atuhaire dances for fitness and has been doing so for about five years. She made a commitment to keep her heart active with intense exercise for at least 30 minutes each week, and now it has become a non-negotiable part of her routine.

Choose the right exercise for you

Atuhaire believes that choosing dance is the primary reason she has been able to stay consistent with her fitness routine, as it does not feel like a workout. She loves to dance, and every Saturday morning, she attends her dance class without even thinking of it as part of her fitness regimen. She feels that selecting the right exercise is essential for maintaining commitment.

"For me, dancing is so addictive. I do not go to keep fit; I go to enjoy myself and clear my mind," Atuhaire says.

When you enjoy what you are doing, exercise feels less demanding. Forcing yourself to go to the gym when you do not

TRACKING PROGRESS

Fitness enthusiasts believe that setting specific targets, such as the number of kilometres to walk each month, can help keep you motivated. Reflecting on the efforts you have made over time can instill a sense of pride in your fitness achievements.

Tracking your progress is made easier with a reliable workout app. Applications such as Samsung Health, Relive, Strava, and Apple Fitness allow you to visualise how far you have come. However, their performance may vary based on the type of phone you use, so it may take some trial and error to find the one that works best for you.

joy it takes a lot of self-control.

Schedule your workouts

Joseph Beyanga emphasises that creating a schedule and adhering to it consistently will help develop discipline and consistency. As a leader in the fitness community, he has inspired a strong movement of walkers who meet weekly to stay active together. He believes that having a schedule is essential.

"The most important step in any journey is the first one. Do not wait for inspiration; develop a routine and stick to it, even when you do not feel like it. Follow it as if your life depends on it. Before long, it will become your lifestyle," he advises.

Beyanga notes that if you stick to your schedule for three to six months, the routine will transform into your passion and become an integral part of your lifestyle, making it easier to motivate yourself.

Atuhaire shares that she committed to her workout schedule, which has helped her maintain consistency.

"Think of how Christians go to church

or how Muslims attend the mosque. Treat your workout schedule with that level of seriousness, because it is important. Even my children now understand that Saturday is designated for dance class. They also have to participate in swimming and cooking/piano lessons. At first, they would cry when I left them, but now they recognise that everyone must keep their bodies active on Saturday mornings," she explains.

Good company

Beyanga believes that choosing the right workout buddies is crucial for success. When you select the right group, it can help you build consistency in your fitness journey. As the leader of a group of hundreds of walking enthusiasts, he understands the importance of this choice. Recently, the group participated in a road safety walk in Hoima.

"Good company keeps you accountable, challenged, and happy. It makes you look forward to meeting again. If you prefer the gym, find a motivating environment that inspires you to return. And remember, do not compare your fitness journey to that of your friends; it is personal and unique to you and your goals," he advises.

Kobwemi shares that being part of groups such as the Joe Walker group and the Crazy Sumnitters has been beneficial in keeping him motivated.

"The thought of being the only one in the group not showing up for workouts can push you out of the house when you feel like quitting. Being accountable to a group of friends provides great motivation; no one wants to be the one who lets everyone down," he explains.

Lean on helpful tools

Tools in this sphere can be anything from gym equipment to a good workout app on your smartphone. Beyond these very important facilitators, Beyanga says that one of the best tools for a fitness journey is a good quality workout outfit.

"Consider your outfit. If you can invest in nice sports clothes and shoes, they will make you feel good even before you step on the road and this will help you keep motivated," he says.