**IT ALL STARTS WITH DAY 1**

After a period of not training I came in and threw myself back into it. After only a few weeks of not training consistently I was left sore and very stiff in my muscles. I wasn’t surprised but it got me thinking about how daunting it is to start exercising again after a long period off; or for some the challenge of starting for the first time.

The first steps to getting back into fitness whether it be to lose weight or just get fit and strong can seem like the hardest.

Thinking about exercise and ways to reach your goals is a great start but at some point, we have to action it and get going.

Don’t fear the first step and don’t put it off because you don’t feel fit enough or experienced enough.

This is the best time of year to break though the barriers that have held you back.

The start of a new year is a chance to start fresh.

You don’t have to have all the answers.

You don’t have to have it all together.

You just need to be willing to start and motivated to turn up.

You don’t have to overhaul everything to get results, you just need to make a few key changes that fit in and around your life and be consistent at those.

We provide you with a framework that fits your life.

We support you every step of the way and are always available to review your progress and chart a course that you can follow.

It all starts with Day 1

Just get going and start heading in a direction that will see you succeed.