

# GABRIELE

## FITNESS & PERFORMANCE



## The Secret to Your Success

### by Tom Langton

In a recent meeting, Vince and I had a very serious discussion, which almost turned into a heated argument. It may be the fact that he is getting older (Saturday, 6/18 was his 32nd birthday) and wants to get all this information out before its too late or that he is just softening up as the years go on, but he insisted that I let you guys in on our secret. I thought he was crazy, I told him that letting everyone know the formula for their fitness, health and athletic success could be disastrous to the business. However, he would not take no for an answer, so here we go.

We have trained hundreds of fitness clients and thousands of athletes, all of whom have a specific vision when they walk into our doors. Everyone is seeking help of some kind to achieve their individual goal. Some want to make the JV soccer team, others want to fit into an old pair of jeans and some just want to feel better when they get out of bed. All of these goals require individual plans of attack and all take varying amounts of time to achieve.

We looked for common denominators. What were the things that everyone who was successful had in common? As we broke things down and looked deeper and deeper, one thing stood out above all else. Are you ready? Do you want to know what the secret to achieving your goals is? We discovered that the secret is.....

### CONSISTENCY

Sorry if that is not as exciting as I made it out to be, I was actually a little disappointed myself. See the real secret is, there are no secrets.

Seriously, there is an unbelievable wealth of information out there that can make you healthier and leaner and stronger. I hate to admit it, but everything works.

Lets take a look at how much information is out there.

Just go on Amazon.com and type in a few keywords.

These are the results I found.

There are 55,795 books on Nutrition

There are 99,342 books on Exercise

There are 621,540 books on Health

My point is, there are no secrets. The majority of those books have before and after pictures on the back cover, bragging about the amazing results and most of them are REAL. The reason that most of them work, is because people are CONSISTENT on them.

Our Clients that see the best results and continue to achieve their goals on regular basis all do one thing, they SHOW UP. I can't make it any simpler than that. They don't always have GREAT days, every once in a while they will, but most of the time, they can think of 100 places that would rather be than the gym.

But another one of their secrets is that they have very few bad days. The people who get strong and get lean and look and feel the way they dream about, they work hard no matter how bad they feel in their mind. They maintain an incredibly level of CONSISTENCY.

The thing that is most surprising to me is that the majority of people we train thrive on routines and order in their life. Most of my clients can tell me their exact schedule for the next month.

People are CONSISTENT with the things they make priorities in their lives. I just wish people would make health more of a priority. When the schedule or routine gets thrown off, people have no problem throwing their health on the back burner. Not enough time to make a good dinner, so they hit the drive-thru. Schedule gets thrown off, so they have NO time to workout. If you make your nutrition and fitness dispensable, it will never be a CONSISTENT part of your life.

So there you have it. That is it, that is the big secret. There are no special machines or exercises or pills that will get you results. The information is everywhere, it is simply a matter of CONSISTENCY.

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