



Stephen Beseda

Consistency is the key

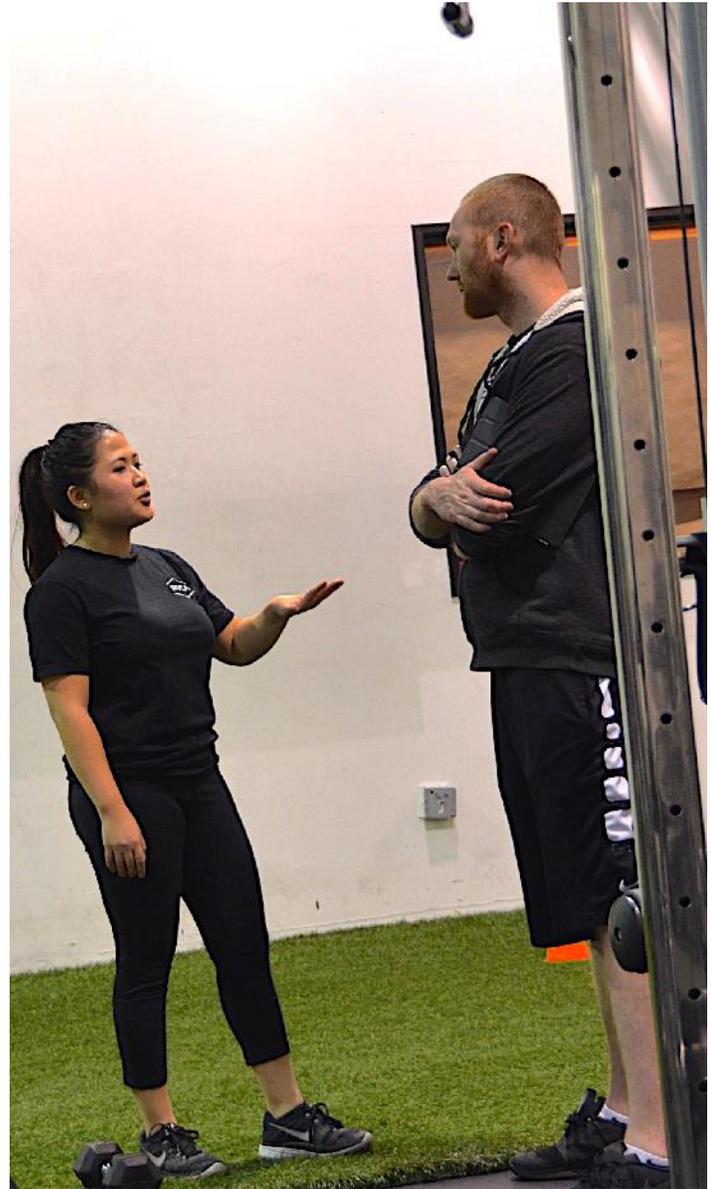
Over the course of the past 12 years, I've noticed several major issues that have come up for people that are training regardless if they are an athlete or not. The common denominator for these issues boils down to one topic...

Consistency





Consistency is the number one issue standing in the way of people attaining or not attaining their goals. Consistency doesn't necessarily mean working out 4 hours a day, 365 days a year. It also doesn't mean that you are only allowed to eat lean meats, fruits and vegetables every single day. Consistency is the ability to regiment an active lifestyle balanced with a nutritious diet to fuel you through each day. It's setting goals, celebrating successful achievement of these goals whether big or small and being motivated to reset new goals thereafter, rinse and repeat. The problem with consistency in creating this healthy, balanced lifestyle is that we don't prioritize our time properly, resulting in us wasting most of it. This snowballs into us never being able to do what we need to in order to get fit or maintain the level of fitness we have achieved. As someone who owns two businesses while also having to balance life with my wife, two dogs and daughter, I myself completely understand time restrictions and the struggle of prioritization.



Organization



Knowing my challenges, I can only offer the examples discussed below of how I balance my life. My hope is that you can apply some of these strategies to benefit your life as well.

- **Planning for the week**

During the weekends, my wife and I do our grocery shopping and prep our meals for the week. We find it critical to get everything organized so that we have proper nutrition throughout our busy week - by doing this, we don't grab easy options which usually are not as healthy.



- **Setting up the night before**

My schedule has me waking up at 5:00am, Monday through Thursday. Because I know that I'm getting up early, I already have my protein shake made and protein bar sitting in the fridge ready for me grab as I walk out the door with an apple or banana.

- **You don't need to plan every meal**

You don't need to have every single meal planned out, but if you can have at least three to four of them prepped for the week, it will help substantially. In doing so, you're now setting yourself up for some success through consistency.



The Good news is:

You can begin to enjoy food again. Now that you are choosing healthy options for a majority of your meals, you'll stop feeling guilty when you eat out at your favorite restaurants.



Nutrition

Nutrition is 70-80% of a healthy lifestyle. Beyond meal prepping, here are some helpful tips to maintain a consistent diet.

- **Drink Water**

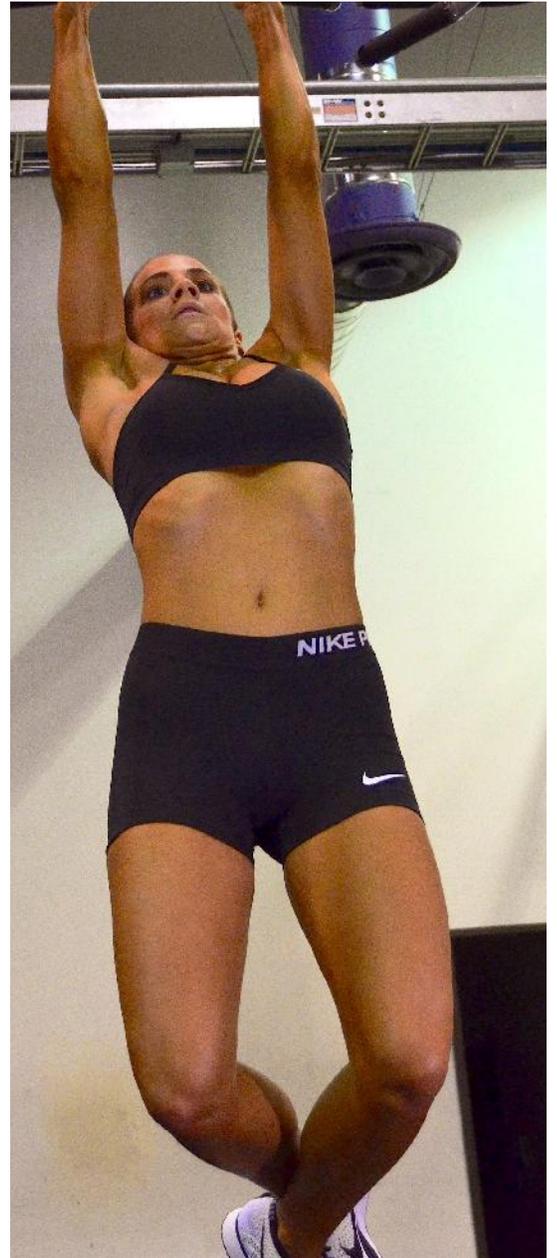
Do your best to drink half a gallon, to a gallon of water every single day. I've had clients that lost 10 to 15 pounds simply by just drinking water and not drinking diet soda anymore.

- **Eat your vegetables**

Make sure that you are eating enough fruits and vegetables on a daily basis. They're not just healthy and good for you but also because they're filling and they don't have a lot of bad calories. This will also help you in being able to lose weight and be healthier. Try your best to have fresh fruit and fresh vegetables. Canned and frozen vegetables are for emergencies, like earthquakes and tsunamis.

- **Lean Meat**

Stick to lean meats such as chicken, turkey, lamb, and fish as well.





● Alcohol

Alcohol is high in sugar. If you're going to drink alcohol you need to understand that it isn't the calories in the alcohol that has you putting on weight. What most people don't know is that as you continue to drink (for guys more than two drinks and for women more than one drink) your body's natural metabolism starts to slow down up to 80%. If you go out for the night and have a lot to drink with your friends, you've not only lowered your body's natural metabolism, but you've also effected your metabolism for 1 - 3 days as well. Just remember that everything that you eat after a night of drinking is getting stored as fat.

Pro Tip:

If you're going to go out with friends and know the menu will offer unhealthy food options, try your best to have a glass of water and a small salad before eating the other food or drinking.



Working Out



Monday through Thursday I don't typically get home until 8:00pm or later, so knowing that is my schedule, I plan one workout per day with one or two of my clients. I also coach basketball teams three days a week, so with them, I will do the sprinting drills just putting consistency into my schedule in regards to my fitness and making sure that I do workout at least 4 to 5 times a week.

This is a great way for me to interact with my clients and my team, but for those of you that don't coach or work at the gym here are some suggestions.

- **Go for a walk, jog, swim or bike ride**

We live in one of the best climates in the world. Take advantage of it.

- **Get an activity based hobby**

Intramural sport teams, surfing, dance, yoga are all examples of hobbies that help keep you active.



- **Increase your NEAT**

Your non-exercise activity thermogenesis is the activity that you are able to add into your daily routine outside of the gym that can help you in the long run. It can help you lose those ten pounds not this month, but over the next 12 months. In the grand scheme of things, would you not want to be ten pounds lighter come next year?

[here is a great article to explain more about N.E.A.T.](#)

- **Get a buddy**

If you work at an office get a few co-workers together and go on walks at lunch, or better yet join FSP;).

PRO TIP:

Just make sure your time block for doing so is anywhere from 30 to 90 minutes per day, 4 to 5 times per week for optimal results.





● **Change it up**

Get away from benching every single Monday and Friday and doing squats every Tuesday of the week. You need to have a variety of different workouts to keep your body guessing. If you don't consistently change things with the reps, sets, weight, exercises and how you do things, you will inevitably plateau. The human body is most adaptable and when you understand that, you will be ahead of most others and accomplishing your goals will become easier.



● Maximize your moments

If you only have three days a week that you can go to the gym, and your time table only allows for 45 minutes, you should be able to get a great workout in. Make sure you limit your rest in between sets from 30 to 45 seconds. Try to superset your lifts; do a chest exercise followed by a back exercise with no rest in-between. You can even make it three exercises that you superset or do mini circuits which will help maximize the number of exercises you can do and the work on each muscle group.



● Keep track

Full body workouts are going to be ideal, so make sure you keep track of what you're doing by starting a journal log on either your iPhone, tablet or by writing it down on a piece of paper. All these different tools are just ways to create consistency in your life to continuously grow and are able to accomplish your goals of

losing weight, losing body fat, getting stronger and able to track your progress. You need to find what's going to work best for you and how you can be successful and effective with the time you have. Make a plan that you create for yourself with the goals that you have and make it happen.



Get Help

If you lack the ability to create workouts for yourself that will help you achieve your goals, I'd recommend hiring a personal trainer for a few months to help get you on track. That way you can learn different routines and exercise and get a feel for the schedule of workouts.



Functional Sports Performance



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