

Fit4Ever: Move Those Chains

“Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.” — Proverbs 6:6-8 (NIV)

“Inconsistency is the only thing in which men are consistent.” — Horace Smith

Consistency leads to continuous forward progress. It's defined by being steady, reliable and persistent. Inconsistency, on the other hand, is the enemy of excellence. It takes shortcuts and makes excuses. It results in a lack of progress and improvement. One step forward, two steps back. For many, this defines their health journey.

Bible Reference:

Hebrews 11



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