

Subject line3: remember this one thing

John

One of the reasons you might have forgotten about your fitness goals is because of consistency.

The internet and everyone's favourite word- even mine...

But what is consistency?

When you join this 30 day challenge, your perspective on consistency will be changed.

You might think you need to exercise 5 hours a day to be like Arnold Schwarzenegger.

NO!

Maybe you just need 40mins, 30mins, 10min or 5min sessions. You don't need an intense workout plan or random diets.

You just need to keep doing the same things you have been doing but with structure and a few tweaks here and there.

To become more structured and consistent with your physical health and fitness goals.

(Sign up for the 30 day challenge on the leap fitness app)

This 30 day challenge helps busy professionals like yourself to become more active and fit on your schedule!

Are you ready to accomplish your goals and stay active?

(Sign up today) And join 30 564 people!

Remember

"consistency always beats intensity"

See you in the challenge

Leap fitness team