



SIX SUPPORT COLUMNS OF FITNESS

Build your everlasting foundation

BY AVIDITY FITNESS

ONE

MINDFULNESS

Your thoughts have a tendency to become your reality. Being aware of your inner dialouge is paramount to building a better version of yourself.

Focus on the thoughts and ideas that better serve the kind of life you want to live. Let the negative thinking come and go without feeding it any energy.

Believe in yourself and remember that you are strong, you are capable, and you are valuable.

TWO

NUTRITION

Using good quality ingredients to fuel your body is the only way to find success with your health and fitness. This means eliminating processed things that cause your body stress and inflammation.

Cut out the fast food, junk food, and excessive alcohol consumption. Instead search for the whole foods that react best with your body.

This will help reduce cravings and increase your energy levels as well as assist in maintaining a more positive mental state.

THREE

EQUIPMENT

Having access to training equipment is vital for fitness progression. You need a consistent way to overload your body in some capacity.

Gym memberships are an excellent option to ensure that you have access to the tools that you need in order to get strong and stay fit.

You can also get basic equipment to keep in your home, a yoga mat, resistance bands, and a few kettlebells is all you truly need for a baseline.

FOUR

MOBILITY

The ability to move your body effectively and efficiently is directly connected to recovery.

Immobility and soreness from training can cause inconsistency. Underrecovery mixed with neglecting myofascial release will hinder progress.

Focus on foam rolling, yoga, and dynamic stretching on active recovery days to keep your body pliable and ready.

FIVE

REASON

Why do you want to be healthy and strong? Why do you want to keep trying to be the best version of yourself?

Reflect on these revelations often, they are the cornerstone of your journey.

Whether it's for your children, family, self-respect, whatever your reason is, it is powerful.

SIX

COMMUNITY

Be very careful with not only who you keep around you on a general basis, but also who you pay attention to online.

Don't be afraid to leave toxic relationships. If they aren't helping you serve your purpose, let them go, unfollow.

People who don't believe in you will steal your energy, follow your own path and the right people will come into your life.