



## **I'm not seeing progress in my workouts. What's going on?**

Here's what I see as the top mistake when people are not seeing progress with their workouts: The intensity is too low! They are simply not working hard enough during their workouts. While any physical activity is good, if you want to see change you have to push yourself.

Instead of a casual stroll, mix it up by walking faster or jogging. Do you read a book on the treadmill? Put down the book and increase the speed and incline. Do you watch the clock while doing exercise videos or taking a fitness class? Put your entire focus in that hour and give yourself a big push.

