

Form a Team!

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Have you ever noticed how hard it is to stick to a workout program?

This week I have had 3 new groups start and all three groups are friends outside of our workout group. They decided to start working out together because they knew they would hold each other accountable.

If you have a hard time sticking to a workout program, get a friend or family member to do it with you. Better yet, get 2 or 3 friends to join you. That way, when you don't want to get up and workout one morning, your friends will be there to pull you out of bed!

Form a team and your chances for success will increase exponentially.

Make it a great day San Antonio!

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