
Commit To Be Fit: 6 Foundations That Help You Build and Sustain Fitness

Tim Boje, CSCS

Introduction: Revitalizing Your Fitness by Building Strong Foundations That Last

Tim Boje, CSCS

“The first wealth is health.”

– Ralph Waldo Emerson

Health: A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. A state of vitality, wholeness, and strength.

Fitness: The condition of being physically strong and healthy; able to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress.

Healthy = Being Fit: capable, strong, resilient, full of energy and vitality

In this course, you will learn:

- ➡ **The foundations that lead to fitness success**
- ➡ **Belief in yourself and your abilities**
- ➡ **What habits to learn and environments to cultivate**
- ➡ **Ways to pursue your goals with energy and enthusiasm**
- ➡ **How to sustain progress and keep momentum**

When you have completed this course, you'll be more:

 Energized

 Focused

 Disciplined

 Resilient

 Productive

- You'll be strong, confident, capable, and prepared for life's challenges.
- You'll have a plan of action and the knowledge to apply it.

“When we are no longer able to change our situation, we are challenged to change ourselves.”

– Viktor Frankl, *Man’s Search For Meaning*



Fitness changed my life.

It can change yours too.

Fitness gave me a new outlook on life and helped me to see light on the horizon during some of my darkest days.

A significant injury playing college soccer had dashed my dreams and left me feeling defeated, discouraged, and depressed.

I was on crutches, unable to walk for 6 weeks.

Those 6 weeks changed my life and helped me fall in love with fitness.

—

I decided I was going to do anything I could do to keep me moving forward.

I crutched myself to the rec center. I started lifting weights.

Even though I could only do upper body training, I found new ways to challenge myself.

Each day I made it to the gym, I felt a little less discouraged.

—

I learned how to be strong, both mentally and physically.

I learned how to be disciplined and resilient.

I started to build strength, endurance, and muscle and found confidence in my ability to overcome challenges.

I started to feel my potential; my ability to grow and improve.

Training unlocked levels of ability I didn't even know I had.

I learned that fitness can empower you to do things you've never done before.

—

I want you to know the power of fitness.

I want to show you how to harness it, develop it, and maintain it.

I want your newfound power to last a lifetime and help you create a sustainable way to pursue your goals with energy, focus, and enthusiasm.

Building Foundations = Setting up Success

Anything built to last must have a solid structure.

The extent to which you build and embrace foundations will determine how high and how far you can go.

Weak foundations will impose limitations, but strong foundations will create opportunities.

Foundations are building blocks that can take you to new levels of success.

The key to sustainability is a strong foundation.

“Where many people go wrong in trying to reach their goals is in constantly looking for the big hit, the home run, the magic answer that suddenly transforms their dreams into reality. The problem is that the big hit never comes without a great deal of little hits first. Success in most things comes not from some gigantic stroke of fate, but from simple, incremental progress.”

– Andrew Wood

“Success is the progressive realization of a worthy goal or ideal.”

– Earl Nightingale

The 6 Foundations of Fitness:

1. Belief

2. Movement

3. Commitment

4. Environment

5. Support

6. Focus



**Build these foundations
and revitalize your fitness efforts.**

It's time to make fitness a sustainable part of your life.