



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Team up and start a new fitness journey with accountability. Find a willing accomplice in your family, work or social circles.

### FITNESS TIP

Have your own fitness goals, but if you train with someone you can check your progress together and celebrate the wins. Support each other through the setbacks and keep each other motivated.

Don't miss David's tips every Saturday in your Journal

**S**TAYING consistent with your fitness goals can be tough, especially when life gets in the way.

**W**HETHER it's the demands of work, family, social ties, or simply lack of motivation, it's easy to skip a workout or slack on nutrition.

The solution, accountability.

One of the most powerful tools to keep you on track is having someone else around you connected to your training. Whether it's your spouse or partner, a friend or fitness partner, a group who expects you to turn up or sessions or with a personal trainer – someone else who you feel in some way accountable to will keep you going when things get tough. Here's why accountability can be a game changer in your fitness journey.

#### **Motivation when you need it most**

It's normal for motivation to fluctuate. On those days when you would rather stay in bed than hit the gym, a workout partner can be your greatest source of encouragement.

Knowing someone is counting on

you to train will give you that extra push to show up. Motivation may fade, but accountability will keep you going.

#### **Healthy competition and encouragement**

Working out with a friend or group introduces an element of healthy competition. You're more likely to push harder when someone else is beside you. Whether it's lifting more weight, running that little further or quicker, or holding a plank longer. Having others around challenges you to strive for progress.

#### **Variety**

Training alone can sometimes feel repetitive, but with a training partner or group, you can try new exercises, share tips, and rotate workouts. A good personal trainer will constantly introduce new exercises and routines to push you and keep you motivated.

#### **Shared goals and commitment**

When you share your fitness goals with someone, it creates a sense of responsibility. You've made a

commitment to show up, not just for yourself, but for them. Whether you're training for a race, aiming to lose weight, or build muscle, working with someone who has similar goals can keep you focused on achieving success. Celebrating together can be a joint goal.

#### **Consistency is key**

The hardest part of fitness isn't usually the workout itself, it's sticking to a routine. Accountability partners or fitness groups help establish a routine. With set times to meet, you're more likely to stay consistent because cancelling feels like letting someone else down. Consistency is the foundation of results, and accountability is what keeps the habit strong.

#### **A support system**

Fitness is not just physical, it's mental too. Having a partner or group provides emotional support



> **Sharing your progress with someone can make successes more rewarding**

especially on those tough days. Whether you're dealing with stress, feel like you're stuck in a rut, or facing setbacks, your accountability circle can offer advice, empathy, and a reminder that setbacks are part of the process.

#### **Progress together**

Whether it's hitting a new personal best, losing inches, or

simply feeling more energised, sharing these successes makes them more rewarding.

#### **Find your accountability circle**

You don't have to go it alone. Here's how to build an accountability system that works for you:

- **Recruit a friend:** Find someone with similar goals, and schedule regular workout sessions together.
  - **Join a group:** Look for local fitness classes, running clubs, or online workout groups. The community aspect can be incredibly motivating.
  - **Hire a personal trainer:** A trainer provides accountability and ensures you stay committed to your goals. They will tailor your training to your ability and goals.
  - **Track progress publicly:** Use apps like Strava or Fitbit to log your workouts and share them with friends for extra accountability.
- Accountability is one of the most effective tools for staying consistent, motivated, and on track.