



The Super Importance Of Fitness Accountability Partners

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There is a lot of truth in the saying that 'there's strength in numbers.'

The journey towards health and fitness can be challenging. Challenging in so many ways: physically, mentally, emotionally and, yes, sometimes even spiritually.

There will always be moments when our resolve will either wax or wane. Strengthen or weaken.

Sometimes it's not enough to just make a declaration about what your health and fitness goals are. You have to put in the necessary effort and commitment. Maybe even make a few sacrifices. All for the greater good of achieving your goals.

We owe it to ourselves to recruit as many resources as possible to help us succeed in our goals. An accountability partner could be the difference between sticking to or missing your goals.

What Is An Accountability Partner?

"... An accountability partner is a person who coaches another person in terms of helping the other person keep a commitment..."

~ Wikipedia, <http://bit.ly/2g7DSoe>

An accountability partner can be:

- A personal friend who has the same health and fitness goals as you do.
- A group of people who come together to train. Or,
- It could be a personal trainer that you are currently working with.

5 Ways That An Accountability Partner Can Help

Having the right people by your side can help by,

- **Being motivating partners.** They will help you keep your spirits up. They will be a constant reminder of everything you have achieved so far, and help you keep your eye on your goals. Standing by your side as you work towards realizing your goals.
- **Helping you push boundaries.** A good accountability partner will challenge you to sometimes step outside of your comfort zone. They should help you rethink what you may have thought to be impossible or unachievable.
- **Bearing witness.** They will be there for every goal and milestone that you have realized. Celebrating these achievements no matter how small. They help you keep an eye on your progress and put that in perspective for you. Giving you a pat on the back when you need it. As well as reminding you that the health and fitness process is just as important as the outcome.
- **Prioritizing your goals.** Your accountability partner should help you keep an eye on your goals. Life happens and sometimes you lose sight of what it was that you were seeking to achieve. Having someone in your corner to help you back on track is priceless.
- **Reminding you that you are not on your own.** Working towards a goal becomes a team effort instead of a solo one which may help lessen the fear of the unknown.