

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

WEEK 10

THE POWER OF CONSISTENCY – YOUR SECRET WEAPON

Over the last few weeks, we've worked on building both muscle and endurance—layering strength training, cardio, and healthy habits to help you feel stronger, more energized, and more confident. By now, you've probably noticed that the biggest changes don't happen in a single workout—they come from showing up again and again.

Consistency is the quiet force behind every success story. It's the reason your balance improves, your muscles feel stronger, and your stamina lasts longer. It's the simple choice to keep going, even on days when energy is low, schedules are busy, or motivation is hiding.

And here's the good news—you don't have to be perfect to be consistent. Small steps, repeated daily, can create powerful results over time. Every glass of water, every healthy meal, every completed workout is a deposit in your “strength bank,” and those deposits add up faster than you think. This week, we'll celebrate the progress you've already made and focus on staying the course. Because when it comes to building lasting health and strength, consistency isn't just important—it's everything.

EMPOWERING WELLNESS, EVERY STEP OF THE WAY

SCRIPTURE *OF THE WEEK*

Let us not become weary in doing good,
for at the proper time we will reap a harvest
if we do not give up.

Galatians 6:9

5 REASONS TO BE CONSISTENT

PROGRESS BECOMES INEVITABLE

Small, repeated actions compound over time, making improvement a matter of “when,” not “if.”

HABITS BECOME AUTOMATIC

The more you show up, the less effort it takes to start—healthy choices begin to feel like second nature.

CONFIDENCE GROWS

Each time you follow through, you prove to yourself that you can keep promises you make to your body and health.

PLATEAUS ARE EASIER TO OVERCOME

Consistency gives you a clear track record to adjust from—so you can tweak rather than start over.

RESULTS LAST LONGER

Quick bursts of effort fade fast, but steady, consistent actions build a foundation of health you can maintain for life.

EXERCISE

SUMMER OF STRENGTH





Exercise Focus: The Power of Consistency

Goal this week: Use the workouts you've already learned in previous weeks, but focus on doing them with your best form, steady pace, and just a little more effort than last time.

Keep It Simple – Use What You Know

- You do not need new exercises this week.
- Pick 2–3 of your favorite strength workouts from earlier weeks (or the ones that challenge you the most).
- Do them just like before—same movements, same order.

Make Each Move a Little Better

Try one of these each time you exercise:

- Go Slower: Take your time so your muscles work harder.
- Add a Few Seconds: Hold the “working” part of the move for 2–3 seconds.
- Add 1–2 Reps: If you can, do just a little more than last time.
- Breathe with the Move: Breathe out when you push or lift, breathe in when you return.

Use Your Body's Signals

- You should feel your muscles working but no sharp pain.
- Mild tiredness is good; shortness of breath should improve within a minute or two after stopping.
- Rest as needed, but try to keep your breaks about the same length as last time.



TRACK YOUR WINS

Keep a simple notebook or paper:

Write the date

Write which workout you did (example: “Week 4 strength workout”)

Write how many reps or minutes you did for each exercise

See if you can slowly improve over time

Consistency Checklist

- ☐ I did at least 2–3 workouts this week
- ☐ I used the same moves from previous weeks
- ☐ I made at least one small improvement (slower, extra reps, better breathing)
- ☐ I wrote it down in my log

Remember: Strength is built by showing up. You don’t have to be perfect—just keep moving, keep trying, and keep doing the workouts you already know. Every small step forward counts.



NUTRITION

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



Nutrition Focus – The Power of Consistency

This week, we're keeping things simple—but powerful. Instead of trying to change everything at once, we're going to pick just one healthy nutrition habit and do it every single day. Why? Because consistency in nutrition works the same way as consistency in exercise. Small, steady actions add up over time to create big results.

STEP 1: PICK YOUR HABIT

Choose one nutrition habit you've been practicing during Summer of Strength. Examples:

- Hydration: Drink enough water throughout the day.
- Balanced Meals: Include protein, healthy carbs, and vegetables at most meals.
- Mindful Eating: Slow down, enjoy your food, and stop when you're comfortably full.
- Healthy Snacks: Choose fruit, nuts, or veggies instead of chips or candy.

Pick just one so you can give it your full attention.

STEP 2: COMMIT FOR ONE WEEK

Your challenge is to practice this habit every single day this week.

- Write your habit on a sticky note and place it where you'll see it—on the fridge, your water bottle, or near your coffee maker.
- Tell a friend or family member your goal so they can encourage you.
- Use a calendar or checklist to mark each day you succeed.

STEP 3: WATCH THE BENEFITS ADD UP

- More Energy: Steady nutrition helps your body run smoothly.
- Better Recovery: Good food fuels your muscles and joints after workouts.
- Improved Mood: Balanced eating helps keep your energy and focus steady.
- Healthy Habits for Life: The more you repeat a habit, the easier it becomes.

Remember: Just like with exercise, one “perfect” day of eating won't change your health—but repeating small, healthy choices day after day will. If you miss a day, don't quit. Just get back on track at your next meal.



A WORD OF ENCOURAGEMENT


You've made it to Week 10—not by accident, but by choice. Every time you showed up, every rep you finished, every healthy choice you made has been a quiet investment in your strength and health.

It's not always the big, flashy moments that create the biggest changes—it's the steady, faithful steps you take day after day. That's the beauty of consistency: it transforms you without you even realizing it.

So, keep showing up. Even on days when motivation feels far away, your actions matter. You are proving to yourself—and to everyone watching—that small steps, taken often, lead to powerful results.

“Let us run with perseverance the race marked out for us.” – Hebrews 12:1

EMPOWERING WELLNESS, EVERY STEP OF THE WAY

 **OUR**
PATHWAY TO WELLNESS
SETS US APART!

ONCOLOGY REHAB
LYMPHEDEMA THERAPY
PHYSICAL THERAPY
PERSONAL TRAINING



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



COMPLETE **CANCER REHAB**

Empowering patients on their **CANCER & LYMPHEDEMA journey!**

WWW.COMPLETECANCERREHAB.COM

8089 South Lincoln Street, Suite 207, Littleton, CO 80122

PHONE: 970-306-7434 FAX: 303-697-6426

EMAIL: admin@completecancerrehab.com

