

CONSISTENCY MATTERS MORE

Sustainable habits, metabolism, and long-term change

SMALL HABITS, REPEATED CONSISTENTLY, CREATE CHANGE

HEALTH IS SHAPED BY:

- Daily patterns
- Weekly habits
- Repeated behaviors
- Sustainable routines

DIFFICULT TO MAINTAIN:

- Extreme approaches
- Variability or inconsistency

CONSISTENT APPROACH

- Moderate changes
- Repeatable habits
- Flexible mindset
- Sustainable routines
- Gradual progress
- Long-term thinking

Result:

- Better maintenance
- Improved regulation
- Less burnout
- More stability
- Sustainable health changes

ALL-OR-NOTHING APPROACH

- Extreme restriction
- Intense short-term effort
- Perfection mindset
- Inconsistent routines
- Burnout cycles
- Frequent restarting

Result:

- Frustration
- Greater inconsistency
- Reduced sustainability
- Stress and overwhelm
- Difficulty maintaining progress

*The body responds to repeated patterns over time.
In a word, the nervous system is looking for reliability.*

THE BODY RESPONDS TO PATTERNS

Consistency in eating patterns may support:

- Weight management
- Appetite regulation
- Metabolic stability
- Reduced behavioral swings

One difficult day does not define progress.

Patterns over time matter more than isolated moments.

METABOLISM IS COMPLEX

Metabolism is influenced by many interacting systems, and may include:

- Thyroid function
- Hormones
- Inflammation
- Sleep
- Stress
- Nervous system regulation
- Environment
- Genetics

SMALL HABITS PRACTICED REPEATEDLY OFTEN MATTER MORE THAN OCCASIONAL PERFECTION.