



Discomfort, the Key to a Lean Physique!

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If you are serious about making progress towards your fitness goals then you need to get uncomfortable. “*What are you talking about Kyle,*” you ask? Just stay with me and I will tell you why Discomfort really is the key to achieving the physique goals you have set for yourself.

So what is discomfort? I’ll start off by defining discomfort and I will then use that definition to show you how it can help you achieve a leaner, healthy, physique (or anything else in life for that matter).

Chambers Dictionary defines Discomfort as “Lack of comfort, uneasiness.” If you think about it comfort is why you are where you are right now. Chances are you have become comfortable with a certain amount of exercise, a certain style of eating, and a certain type of lifestyle. If really wanted to achieve a phenomenal body transformation you would need to do some things that feel uncomfortable to you.

You might need to find a coach and learn how to train properly. You might need to increase the intensity of your weight training sessions so as to achieve the necessary stimulus that will lead to physique improvements. You might have to make some food choices that you are not used to making. You might have to sacrifice staying up late and partying in order to reach your goals.

I’ll let you in on a little secret. Those people that get super lean make sacrifices. They become comfortable with discomfort. These people realize that in order to achieve the greatness they have their heart is set on that they need to make changes in their life that might not be entirely comfortable but 100% necessary if they are to achieve success.

So let me ask you, “Have you been too comfortable in your training and nutrition plan?” If you answered yes that is OK. But if you really want to see results something has to give. You must step out of your comfort zone in order to grow as a person and achieve the goals you have set with yourself.

Be honest with yourself. Are you 100% committed to achieving the goals that you have set for yourself. If you answered that question with a resounding YES then you should have no problem stepping out of the comfort zone and trying new things. However, if you are only 70% committed to achieving your goals then you will probably put forth an effort that is similar to your level of commitment. It is those instances where your commitment level is at 100% and you are completely willing to step out of your current comfort zone that magic happens so I challenge you to find something that you are 100% committed to, step out of your comfort zone, and make it happen!

Train with purpose,

Kyle

PS-While you are in the gym in slight discomfort you might as well be wearing something comfortable. [Click Here](#) to check out the new PFC Apparel!