There is a difference between “working out” and “training”. Training has a reason, whatever that goal may be, make sure it is meaningful and done on purpose so that you can stick to it.

“Fitness” and “Nutrition” are only two facets of healthy life. Work on your “community”, “recovery”, “mobility”, “mindfulness”, and ultimately “consistency” are pillars just as important to having a health and long life.” – Dash, Swolenormous