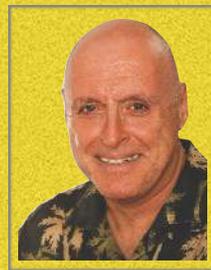


# THE EXTRA POINT

BY JERRY ROBERTS



## # 583 The Consistency Factor

Have you ever thought about the value of intensity, doing something at your top capacity, versus consistency, going at it with less stress but doing it on a regular and more frequent basis? I'm Jerry Roberts and today, a lesson which brought me value and I hope it does the same for you, next on The Extra Point.

A long time ago I fell in love with a piece of fitness equipment known as Versa-Climber. Google it if you like, V-E-R-S-A, Versa, Climber. It engaged both arms and both legs, added a little resistance and gave you a great workout.

I was living in L.A. and the gym I belonged to had a bunch of them. I'd strap on my Sony Walkman with an hour of my favorite dance tunes on each side of a cassette tape, and I'd go to work. One hour of total motion, massive sweat, a lot of calories burned, and a feeling of accomplishment when I finished. I knew I was doing my cardiovascular system good every time I hit the Versa-Climber, which was once a week, adding to a regimen where I lifted weights three days a week.

I compared notes one day with a guy who also used the machine, a doctor who specialized in athletic performance. He approached it differently. While I went for an hour, once weekly, he did it four times per week, but for only five minutes. He told me that in terms of overall health benefit, his four times at five minutes each, actually was better than my once a week for an hour. That caught my attention, He told me a bunch of scientific facts I've long since forgotten, but the overall message was clear — consistency beat intensity.

This came back to mind as I read the story of a lady who had tried to write a book for years. Her method was to get herself in the proper writing frame of mind, then go all out for a weekend and write as much as she could until she was exhausted. One problem with this is

that the quality of her writing suffered. The other problem was she could only get into that mindset a few times per year. She finally got the book done after about three years, published it on Amazon and other than family and friends, nobody bought it.

She hired a writing coach who told her to write every day, even for just a few minutes if that's all she could. No marathon sessions. Sometimes all she produced was a paragraph and some days it was a page, but she wrote every day. In the course of a year she had written two more books. Consistency over intensity.

Maybe you need to understand how to read financial statements, or learn a language, or pick up any other skill that will help you in your work. Rather than cram a huge amount of information into your skull over a day or two, what if you broke it down into shorter bites? What if you spent 15 minutes a day on a break, or as little as five minutes? If you spent five minutes each day on your subject matter, that's two and a half hours in a month. Ten minutes a day is five hours a month.

I've known people who learned how to play musical instruments this way, mastered software programs, improved driving skills, improved athletic ability, and the list goes on.

Maybe you'd like to read a certain book, whether for business or pleasure, but it's 300 pages long and you think it'll take you forever to finish it. You make a decision to read five pages when you get up in the morning and five pages before you go to sleep. You'll finish the book in a month.

Here's something else. There is research to show that shorter sessions help you retain more of what you learn. Shorter sessions help you avoid being overwhelmed.

(Con't.)



Intensity has its place but most people will be well served through establishing a consistent approach to learning and skill building. Give it a try. I've never met anyone who was sorry they did.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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For information on training and consulting services from Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

