

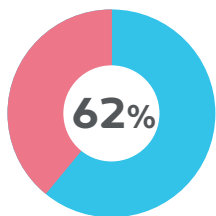
HOW TO STOP PRESSING PAUSE ON YOUR HEALTH AND FITNESS

6 genius “dials” to help you keep making progress, even when life gets crazy.

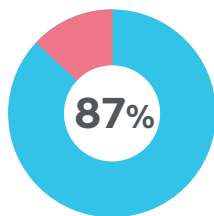
Work deadlines...social commitments...new baby...vacation: It's tempting to wait for the “perfect time” to address health and fitness. Here's why that doesn't work, and what to do instead.

LIFE DOESN'T PAUSE...

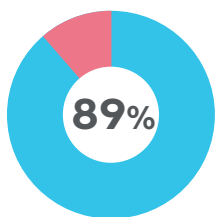
Challenges reported by Precision Nutrition Coaching clients when they enter the program:



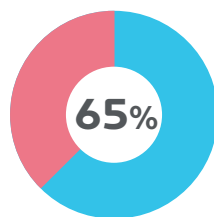
have trouble exercising regularly because of the demands of daily life.



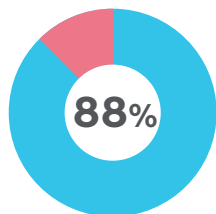
find it difficult to deal with stress, at least some of the time.



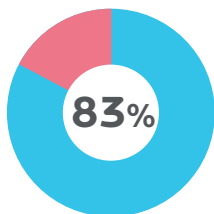
of those who work deal with moderate to high job stress.



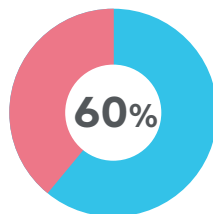
of those with jobs usually work 8 or more hours/day.



of caregivers deal with moderate to high caregiving stress.



of students experience moderate to high school-related stress.

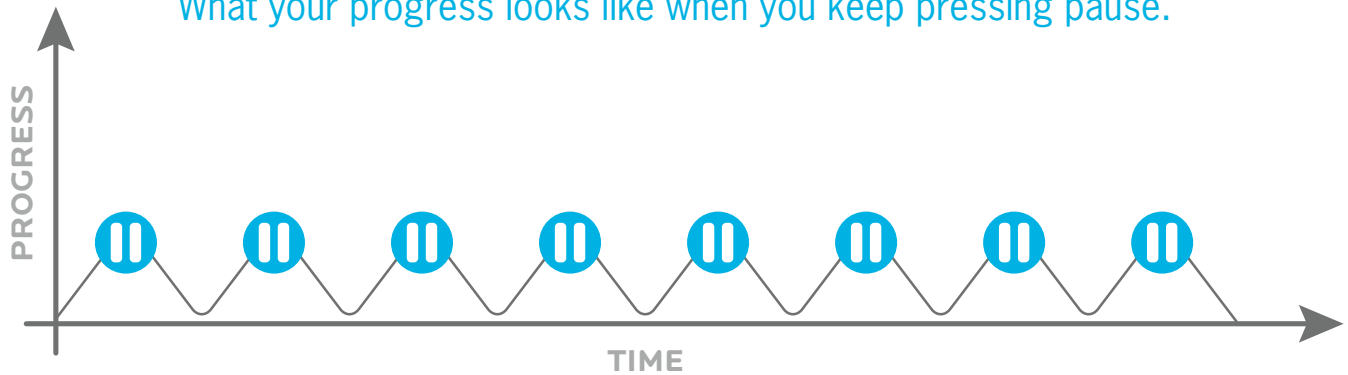


experience stress at home.



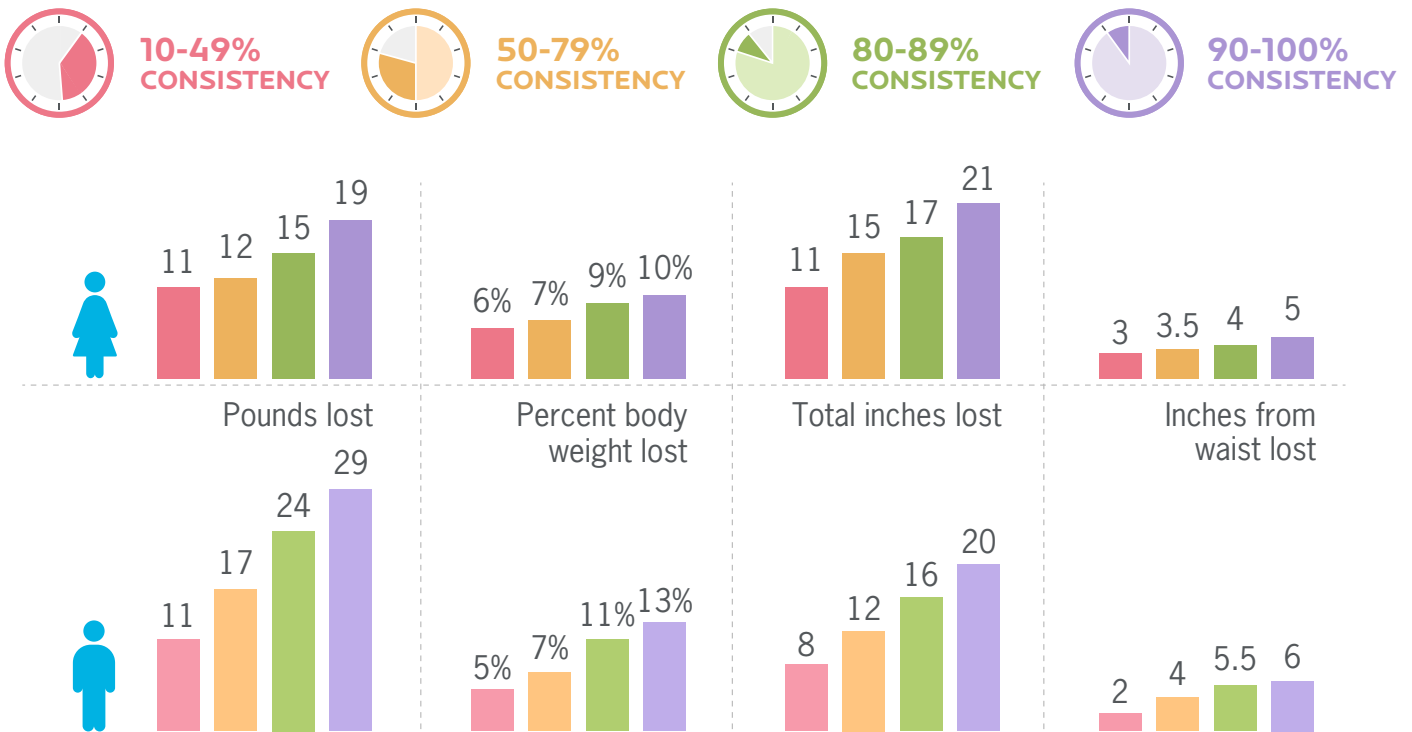
...SO HEALTH AND FITNESS SHOULDN'T, EITHER

What your progress looks like when you keep pressing pause.



THANKFULLY, EVEN SMALL EFFORTS ADD UP OVER TIME.

Body transformation at different levels of consistency after 12 months of Precision Nutrition Coaching.



6 WAYS TO ADJUST YOUR “LIFE DIAL” TO KEEP MAKING PROGRESS.

Nix the play/pause buttons, and instead think of your health habits as having volume knobs. Turn them up or down depending on what you're ready, willing, and able to do **today**.

MOVEMENT

Intense daily training
for tactical/military job

Park farther from
office to walk more

Challenging
60-90 min.
workout 6x/week

Take stairs instead
of elevator

5 1-hr.
workouts/
week + daily
1-hr. walk

10-min. workout
next to bed in
the morning

Gym routine
4x/week; hike
on weekends

Reasonably
challenging 30-min.
workout 3x/week

3 1-hr. gym workouts/
week + daily walk

3 30-min. workouts/week
+ daily 20-min. walk



NUTRITION

Run organic farm and health spa; all
meals prepped by sports
nutritionist; eat slowly with
no distractions

Replace 1 meal w/
less processed one

Eat mostly local/
organic; plan all meals
in advance, each
"perfectly" balanced

Add side salad
to your lunch

Prep food in
advance;
protein + veg.
at each meal;
balance fats

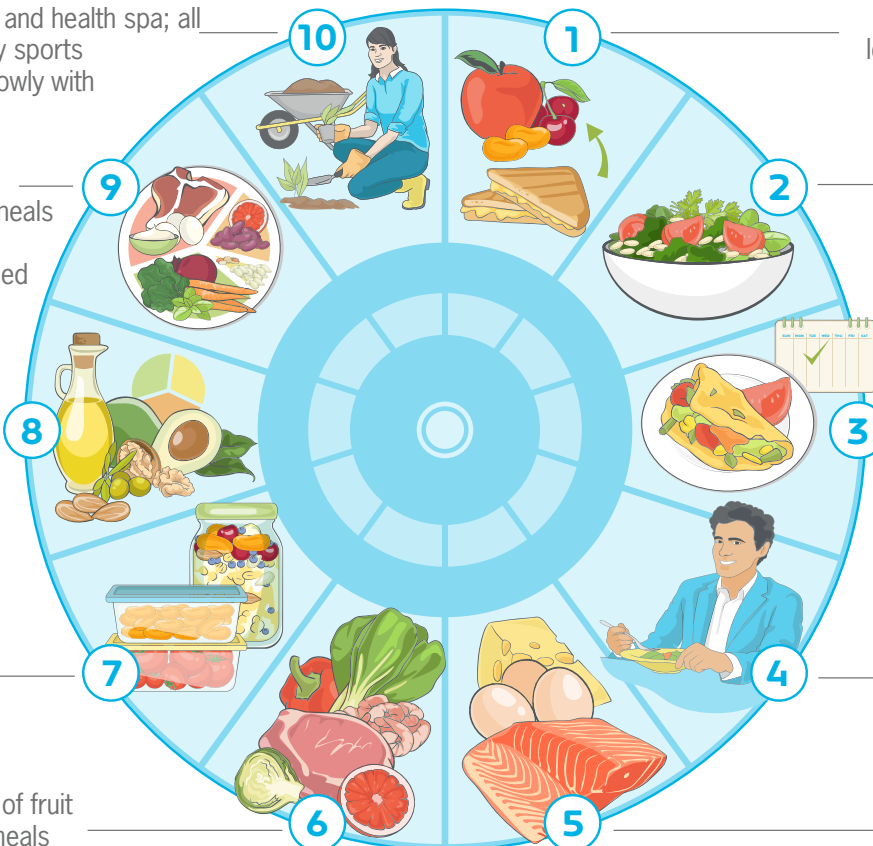
Try 1 new
healthy
recipe/week

Prep food for
week in advance;
6 servings
of veg./day

Sit at table for
most meals

Protein + portion of fruit
or veg. at most meals

Protein w/
each meal



SLEEP

No screens outside working hours;
advanced sleep tracking and
coaching; specially-engineered
sleep pod

5 min. of wind-down
time before bed

Restorative yoga
before bed; wake up
with the sun; high-tech
cooling mattress

Have less
alcohol, caffeine,
and very heavy
meals in
evenings

Elaborate
bedtime routine
with Epsom salt
baths and
aromatherapy

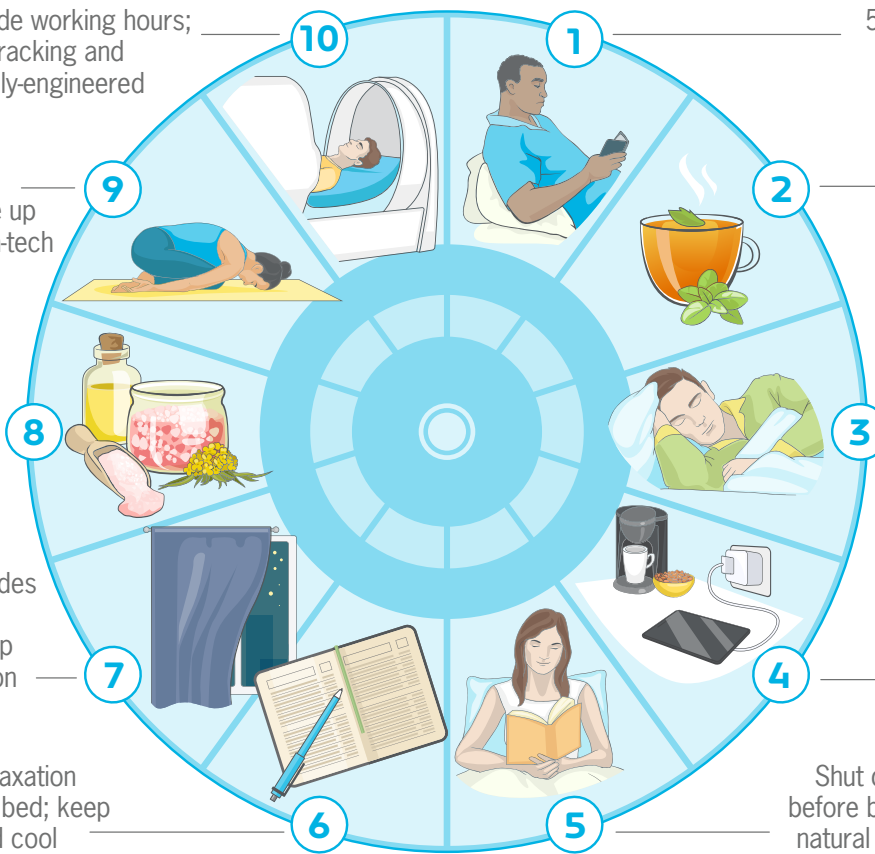
Calendar
reminder to
go to bed 30
min. before
bedtime

Buy blackout shades
and white noise
machine; break up
with snooze button

Leave phone
outside bedroom;
have a regular
bedtime

Do purposeful relaxation
exercises before bed; keep
bedroom tidy and cool

Shut down screens 1 hr.
before bed; get outside for
natural sunlight during day



SOCIAL

Live on commune with
soulmate

Ask a loved one
for a hug

Fulfilling volunteer
work; weekly
activity meetups
with friends

Call an old friend
to catch up

Find and
work with a
mentor you
look up to

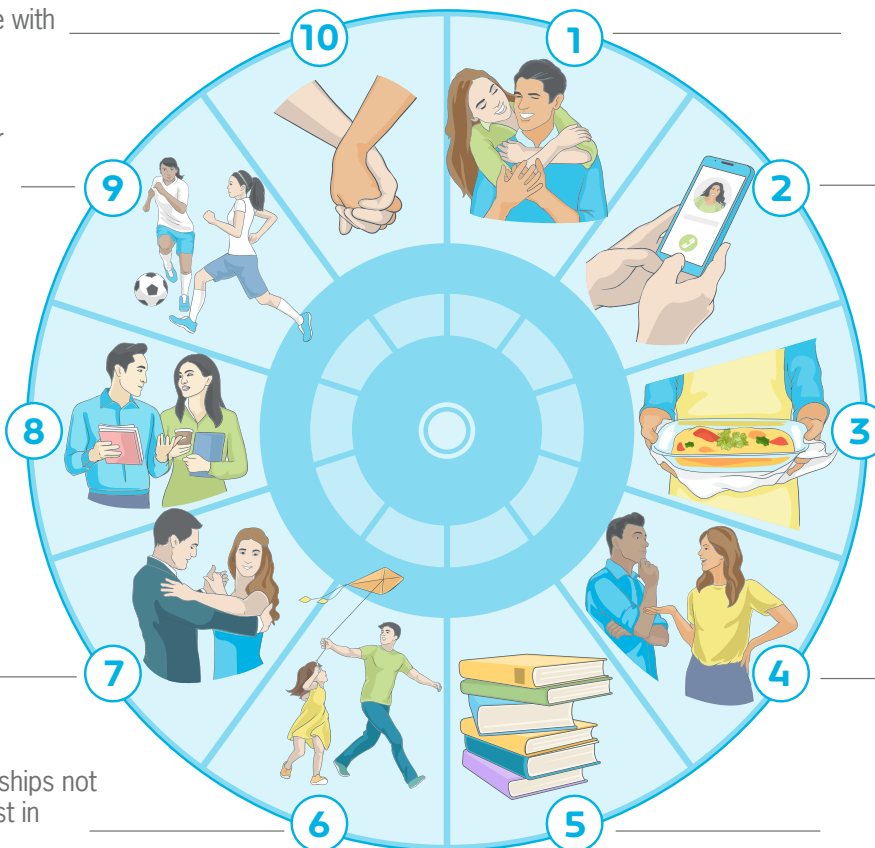
Do something
nice for
someone else

Take a class
with new,
like-minded
people

Practice active
listening;
compliment
others

Let go of relationships not
serving you; invest in
ones that do

Organize a book,
cooking, or sports
club with friends



STRESS

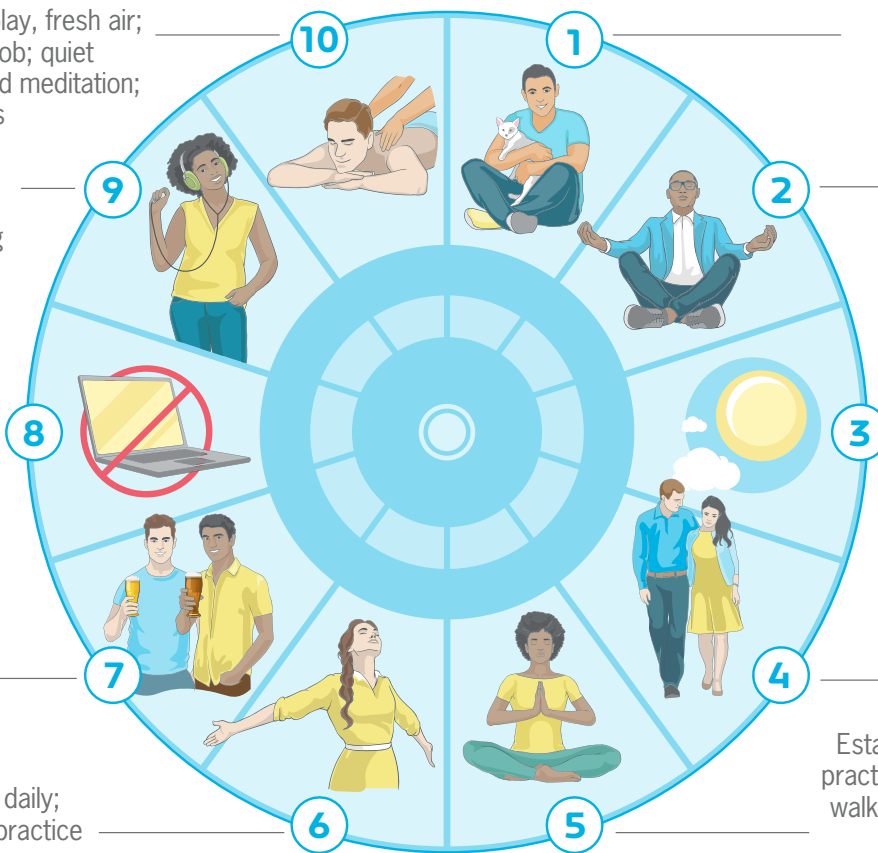
Fill days w/ joy, play, fresh air; fulfilling, relaxed job; quiet contemplation and meditation; weekly massages

No social media; counseling once a week; engaging hobby

Unplug once a week; regular sex; balance of scheduled productivity and spontaneity

Mix of gentle and intense exercise; drink alcohol moderately and mindfully

15 min. in nature daily; self-compassion practice



5 min. snuggling with a pet

1 min. of deep breathing most days

Regular 5-min. breaks from work for fresh air/sunlight

After-dinner walk with a loved one each day; avoid multitasking

Established meditation practice; frequent hugs; walking meetings when possible

ENVIRONMENT

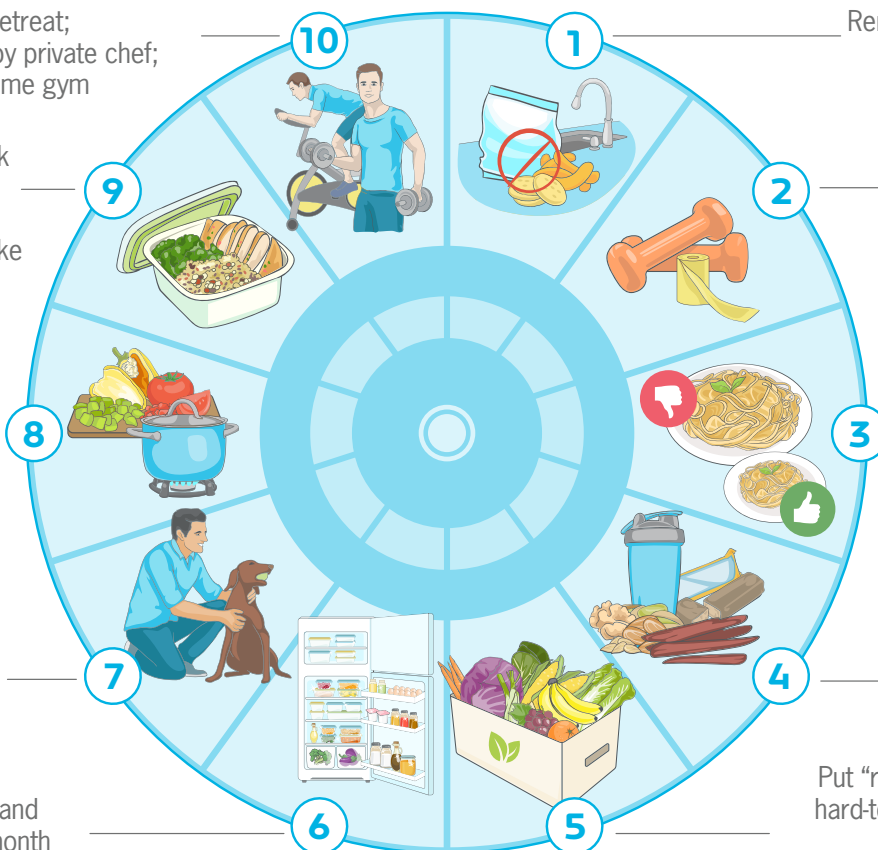
Live at wellness retreat; meals prepared by private chef; state-of-the-art home gym

Get treadmill desk at work; meal delivery service; give up car for bike

Meal prep each week; organize social activities around sports

Get a dog that needs walking; spend time with friends who eat healthy

Kitchen cleanout and restock once a month



Remove one "trigger" item from kitchen

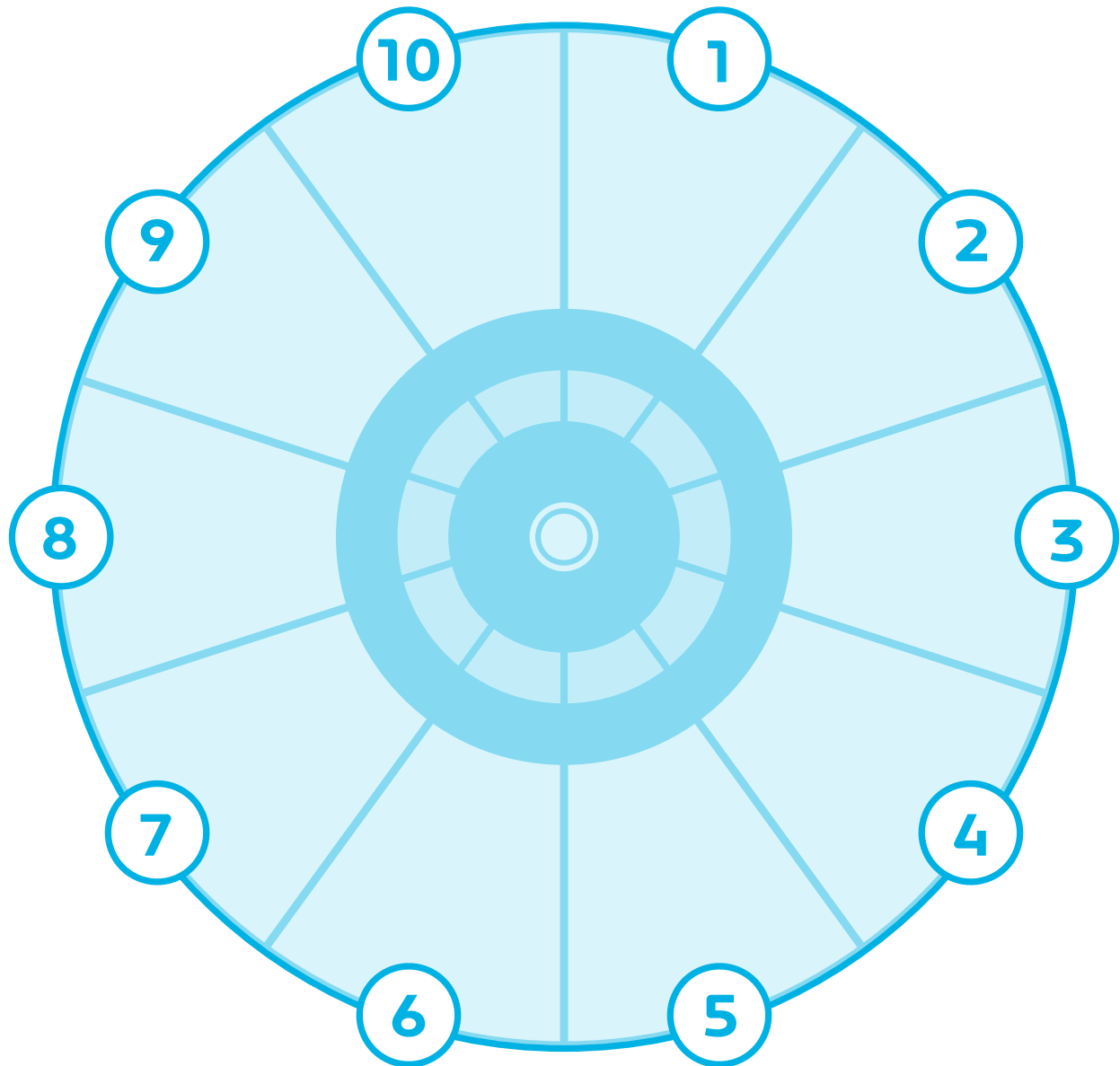
Keep dumbbells and resistance bands at home

Serve meals on smaller dishes

Move TV to a room you don't use very much; keep healthy snacks in office desk drawer

Put "red light" foods in a hard-to-reach place; sign up for CSA box

TRY IT OUT FOR YOURSELF



Step 1: Consider areas of life where you'd like to change or improve.

Step 2: Ask, "What's the absolute MOST I could do?" That's your 10.

Step 3: Ask, "What's the absolute LEAST?" There's your 1.

Step 4: Use 1 and 10 to fill in the other points on the dial.

Step 5: Refer to your dial when life gets busy (or slows down!).