7 EFFECTIVE WAYS TO MAKE TIME FOR EXERCISE AND NUTRITION

When life's already busy, here's how you can make time to eat better and move more often.

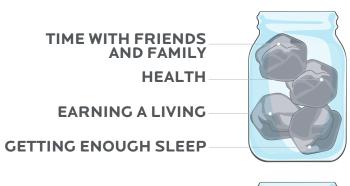


Understanding exactly why you want to eat better and exercise more gives you the motivation to prioritize it over other things.

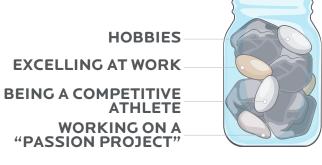




Think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand.



Your big rocks represent the stuff that's most necessary to feel fulfilled in life. They often relate to family, health, and livelihood.



Your pebbles add extra fun and satisfaction to life. but aren't totally necessary.

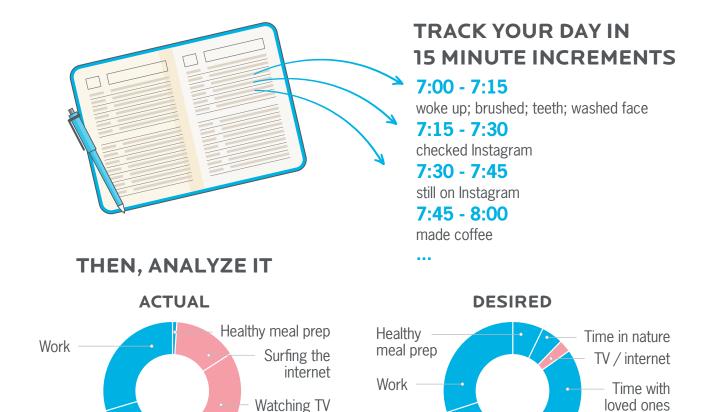


Your sand is purely "bonus" activity. It can be enjoyable, but it's not crucial to your survival or fulfillment.

Everyone's rocks, pebbles, and sand will look different. But regardless, if you fill your jar with too much sand first, the rocks and pebbles won't fit.

KEEP A TIME DIARY

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out if it's consistent with your goals and values.



Without judgment, ask yourself if your schedule reflects your true priorities.

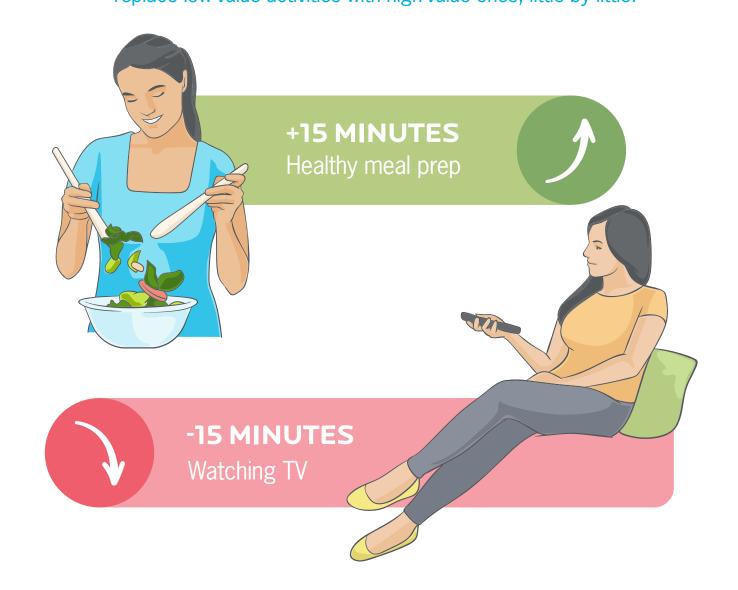
Sleep

Exercise



Keep asking 'why' until you find your compelling reason.

To start to align your schedule with what you want to accomplish, replace low-value activities with high-value ones, little by little.





With a little extra time and effort up front, you can create an environment that significantly reduces the time needed to eat well and move more.



Keep fresh, whole foods in plain sight

and/or healthy meal

Keep a packed gym bag

in your car or by the

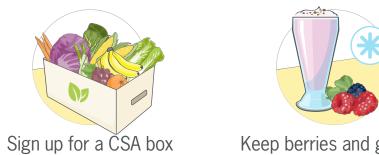
front door



Reduce or eliminate "treat" foods



Establish a morning or weekend routine to chop veggies and prepare protein + complex carbs in bulk







Join the gym closest to home or work



Leave weights and resistance bands lying around for quick, convenient workouts

For more ways to establish a healthy environment: precisionnutrition.com/18-ways-to-transform-your-body



Hold gatherings and meetings at parks and gyms

PUT MEAL PREP AND MOVEMENT IN YOUR CALENDAR

Time with

loved ones

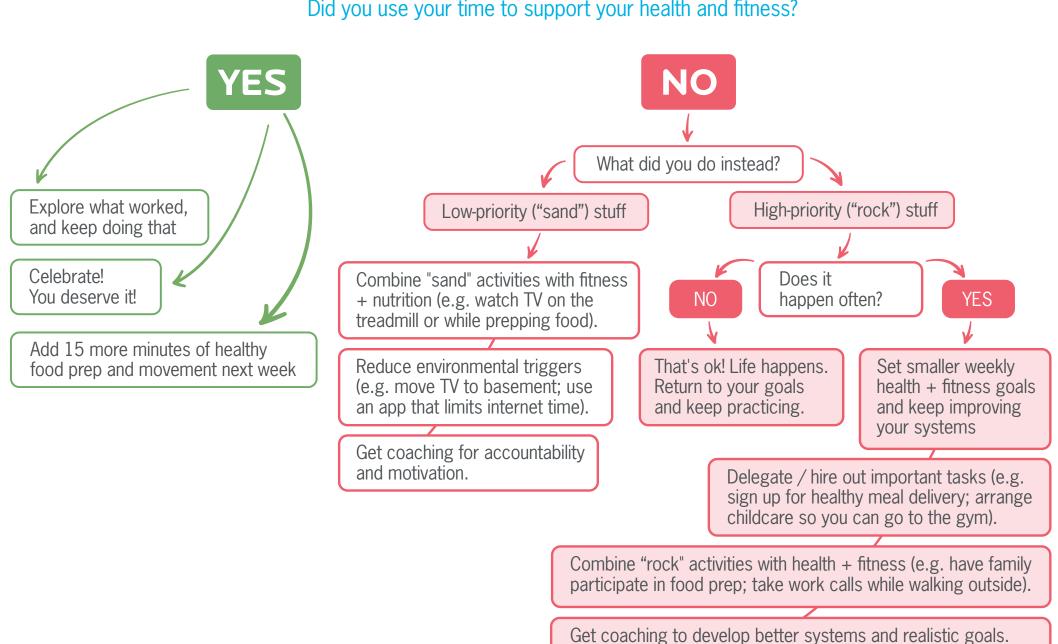
Exercise

If we waited until we "felt like it", a lot of important things would get neglected. Schedule it in, and stick to it.

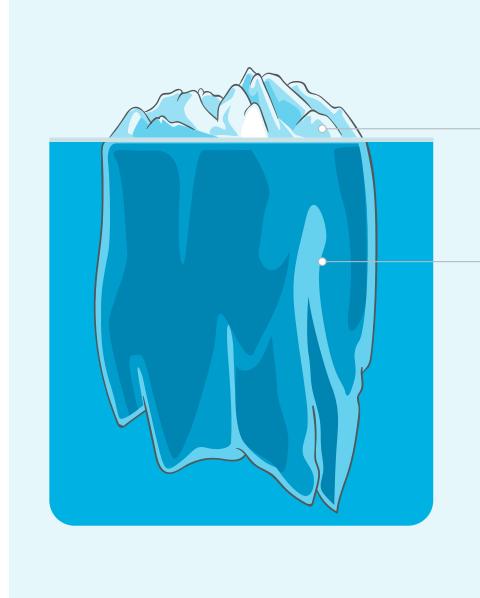








AS YOU CAN SEE, "BEING HEALTHY AND FIT" IS LIKE AN ICEBERG.



EATING WELL AND WORKING OUT IS ONLY THE TIP OF THE ICEBERG...

...AND IT'S SUPPORTED BY ALL THE THINKING, PRIORITIZING, STRATEGIZING, AND PLANNING UNDERNEATH.