

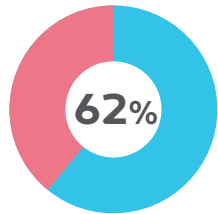
# HOW TO STOP PRESSING PAUSE ON YOUR HEALTH AND FITNESS

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

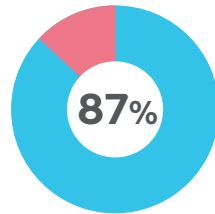
Work deadlines...social commitments...new baby...vacation: It’s tempting to wait for the “perfect time” to address health and fitness. Here’s why that doesn’t work, and what to do instead.

## LIFE DOESN'T PAUSE...

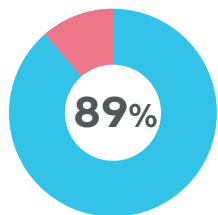
Challenges reported by Precision Nutrition Coaching clients when they enter the program:



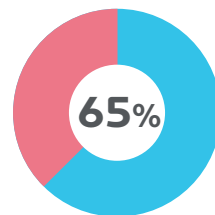
have trouble exercising regularly because of the demands of daily life.



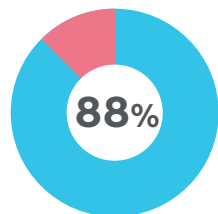
find it difficult to deal with stress, at least some of the time.



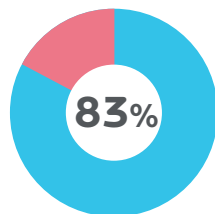
of those who work deal with moderate to high job stress.



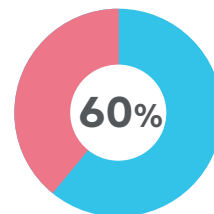
of those with jobs usually work 8 or more hours/day.



of caregivers deal with moderate to high caregiving stress.



of students experience moderate to high school-related stress.

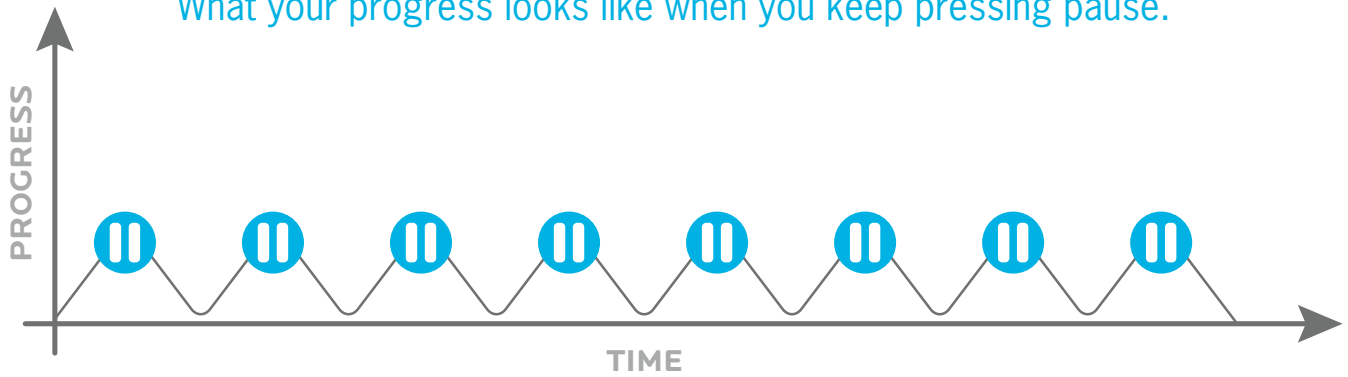


experience stress at home.



# ...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.



10-49%  
CONSISTENCY



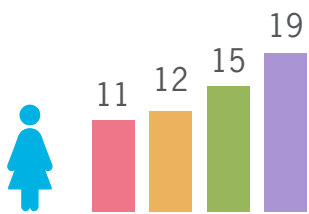
50-79%  
CONSISTENCY



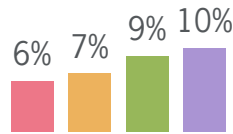
80-89%  
CONSISTENCY



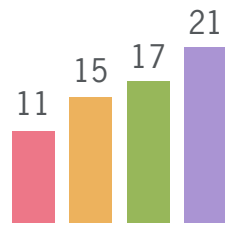
90-100%  
CONSISTENCY



Pounds lost



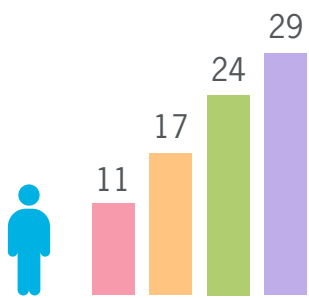
Percent body weight lost



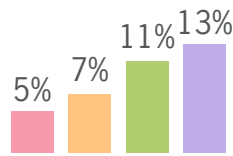
Total inches lost



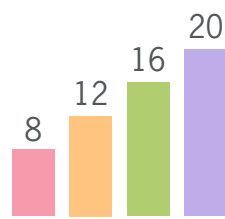
Inches from waist lost



Pounds lost



Percent body weight lost



Total inches lost



Inches from waist lost

## 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

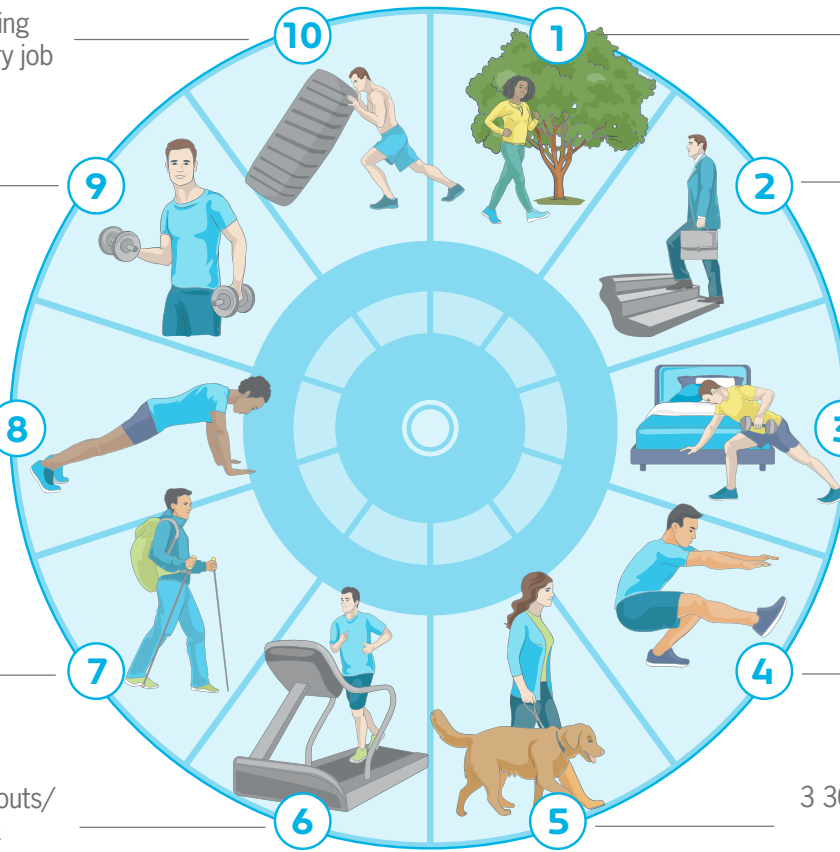
10-min. workout next to bed in the morning

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

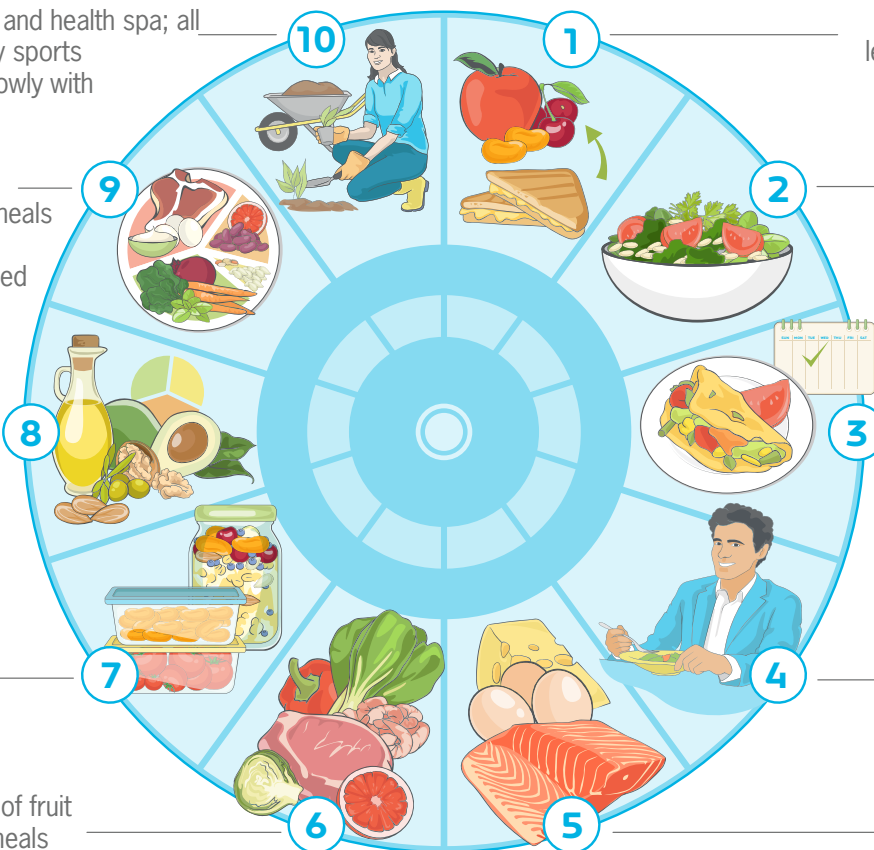
Try 1 new healthy recipe/week

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

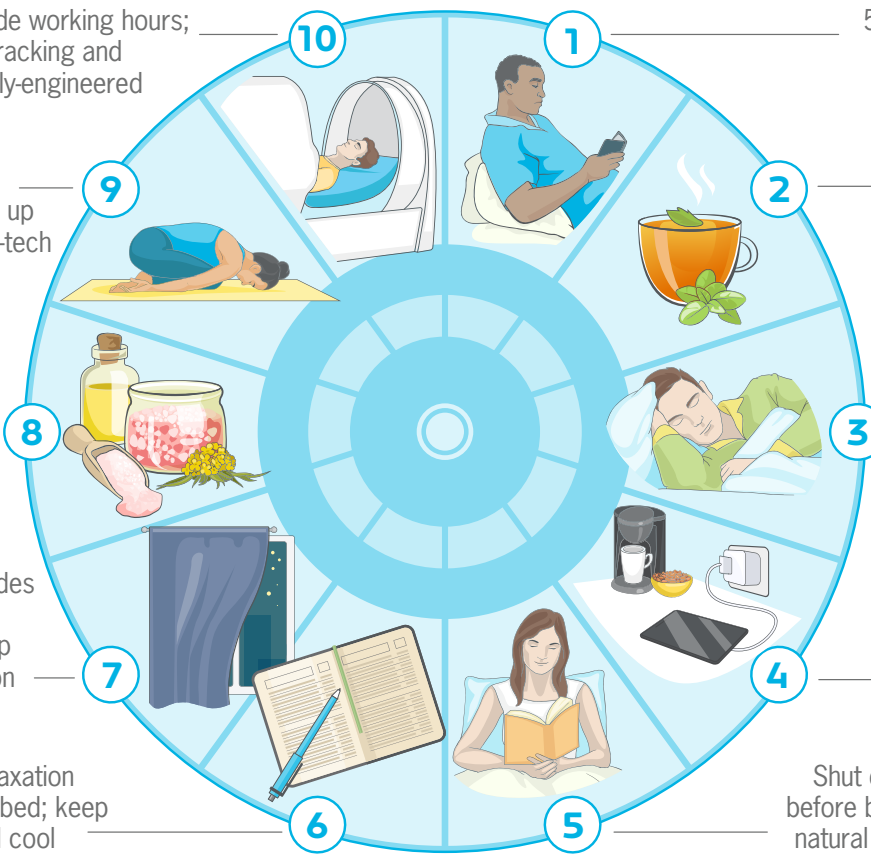
Calendar reminder to go to bed 30 min. before bedtime

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

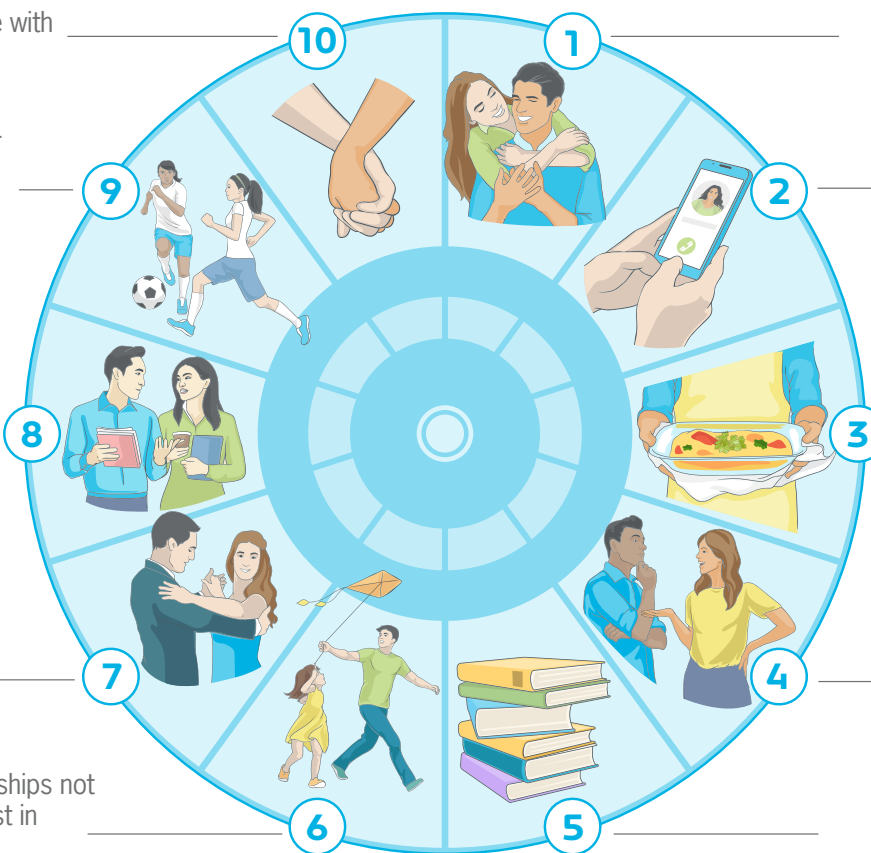
Do something nice for someone else

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

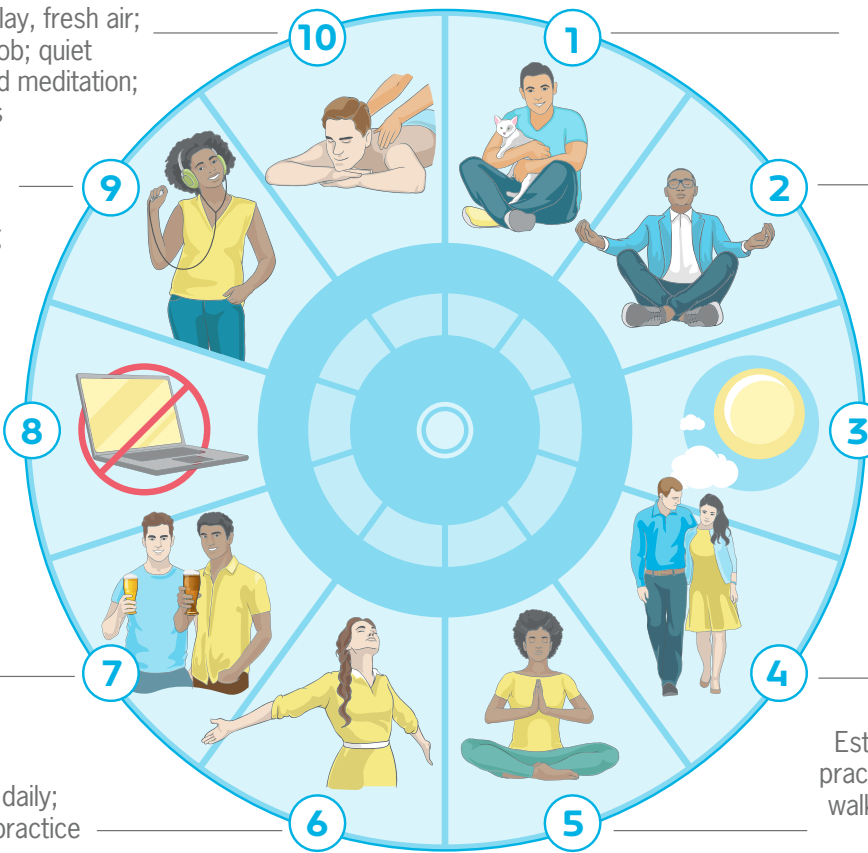
Fill days w/ joy, play, fresh air; fulfilling, relaxed job; quiet contemplation and meditation; weekly massages

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

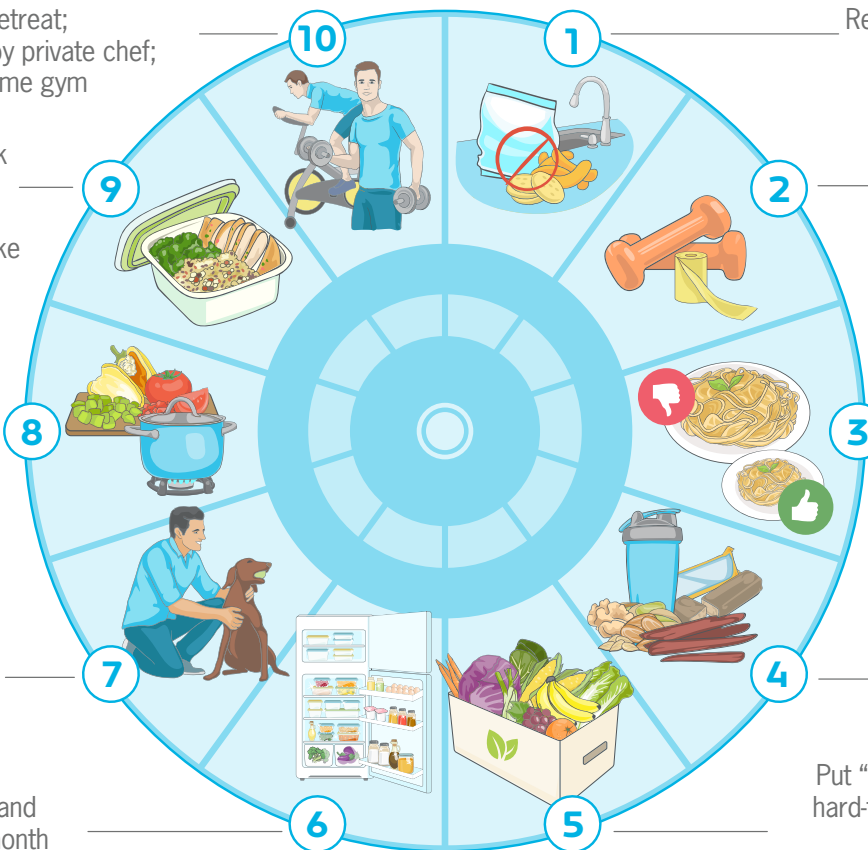
Live at wellness retreat; meals prepared by private chef; state-of-the-art home gym

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

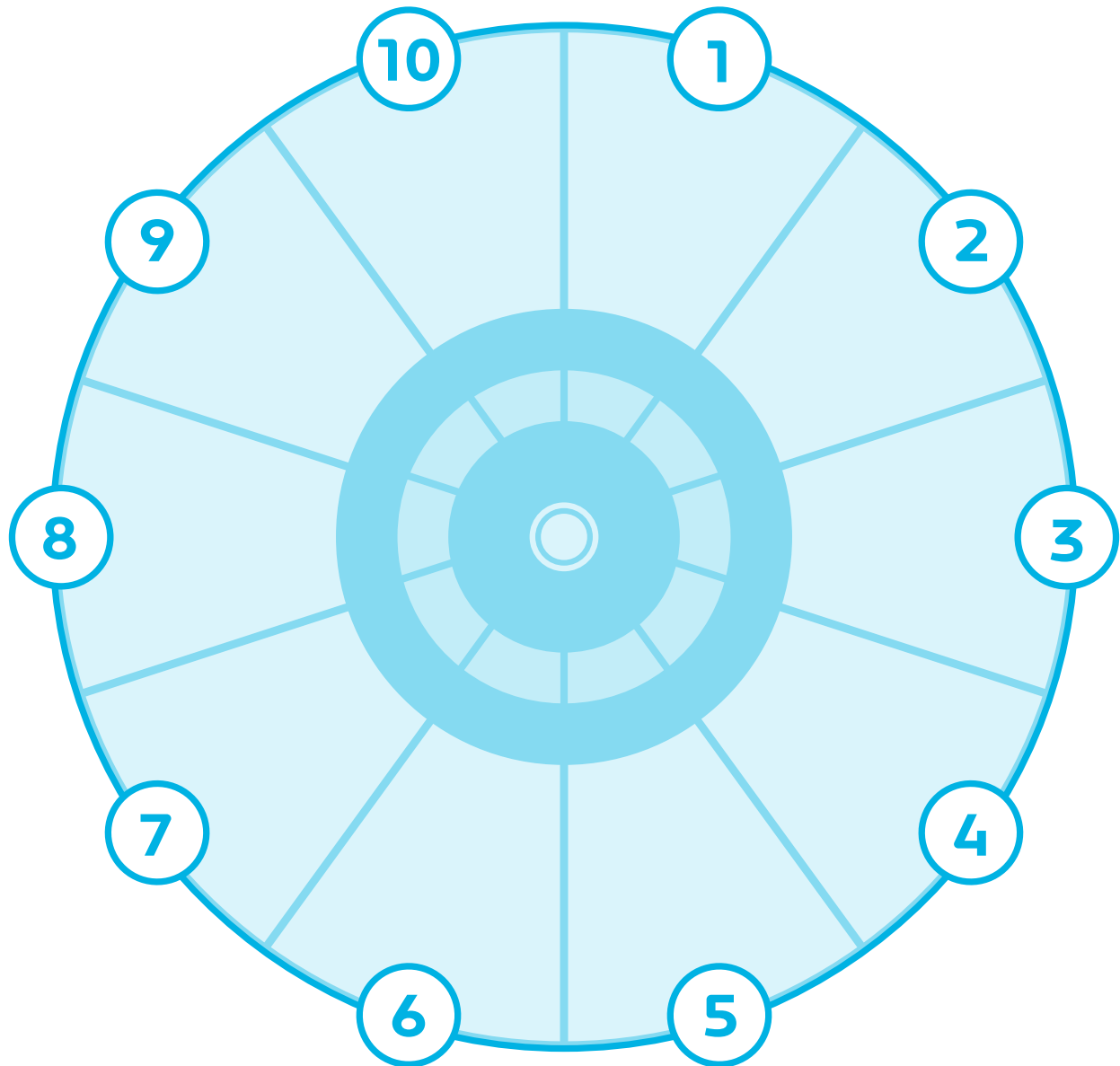
Keep dumbbells and resistance bands at home

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!).