

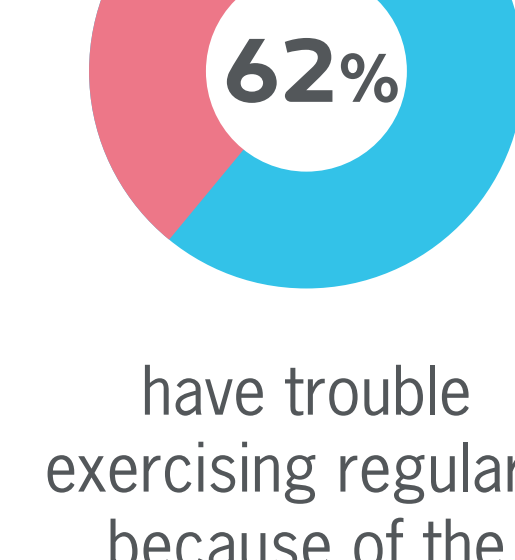
HOW TO STOP PRESSING PAUSE ON YOUR HEALTH AND FITNESS

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...

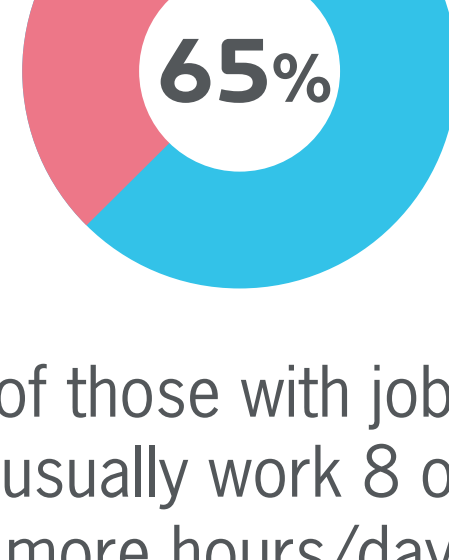
Challenges reported by Precision Nutrition Coaching clients when they enter the program:



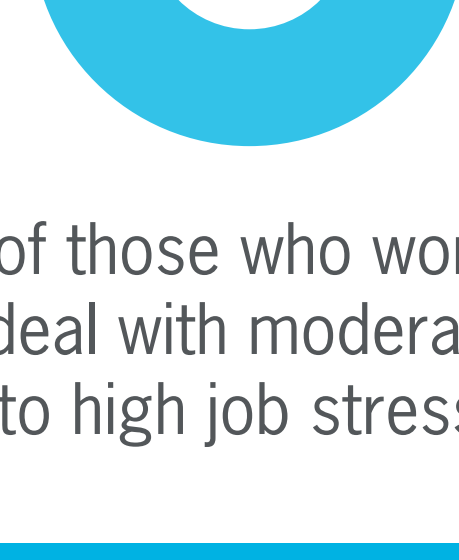
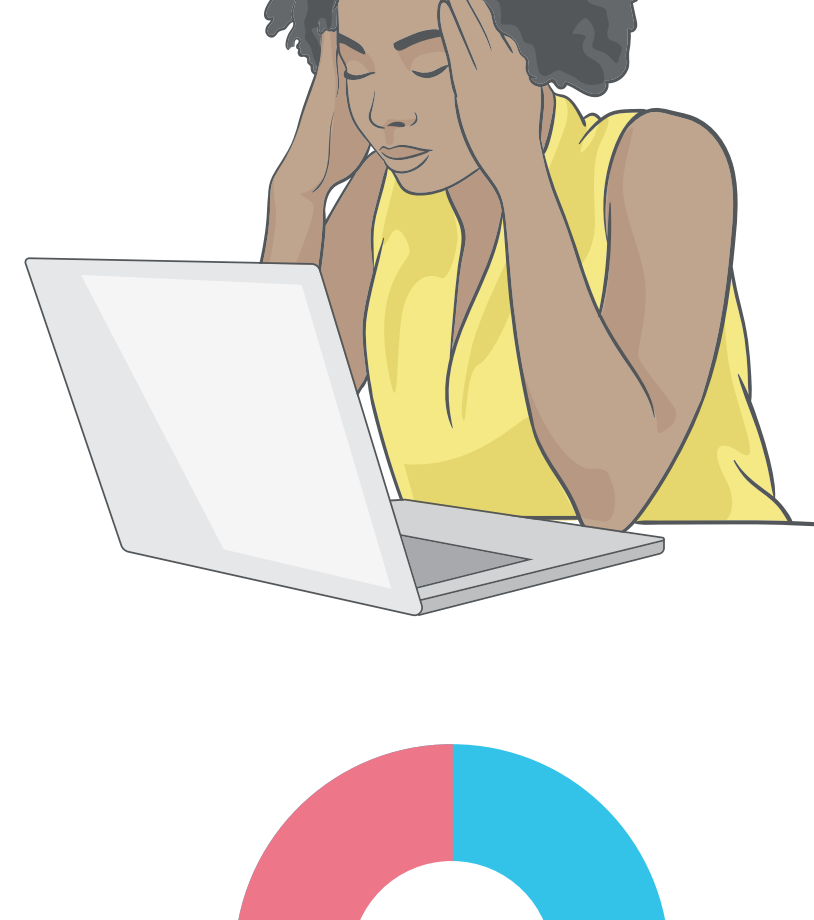
have trouble exercising regularly because of the demands of daily life.



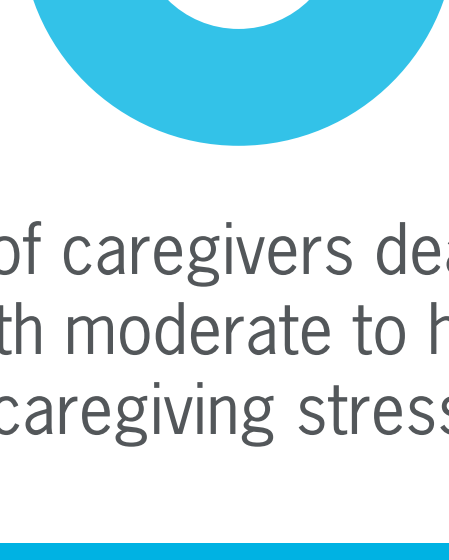
find it difficult to deal with stress, at least some of the time.



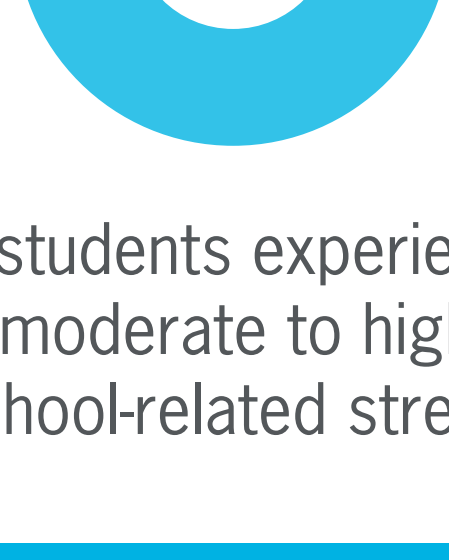
of those with jobs usually work 8 or more hours/day.



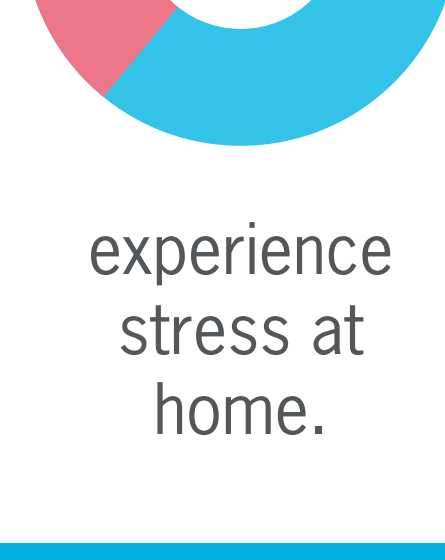
of those who work deal with moderate to high job stress.



of caregivers deal with moderate to high caregiving stress.



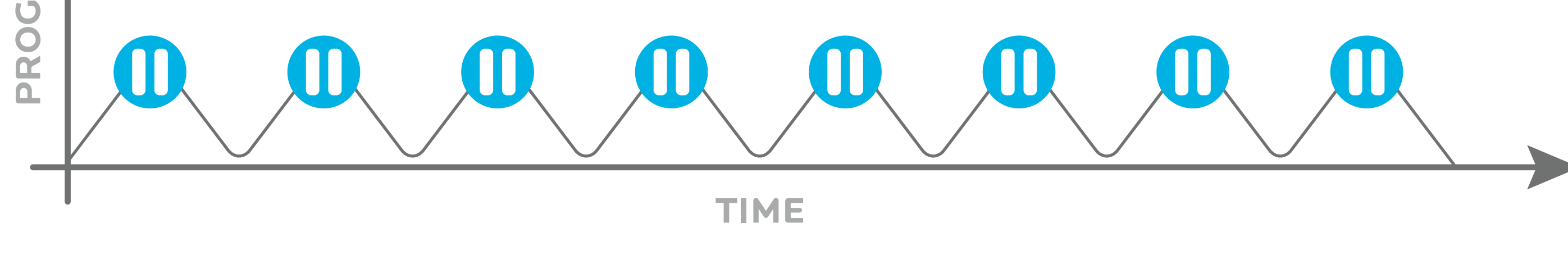
of students experience moderate to high school-related stress.



experience stress at home.

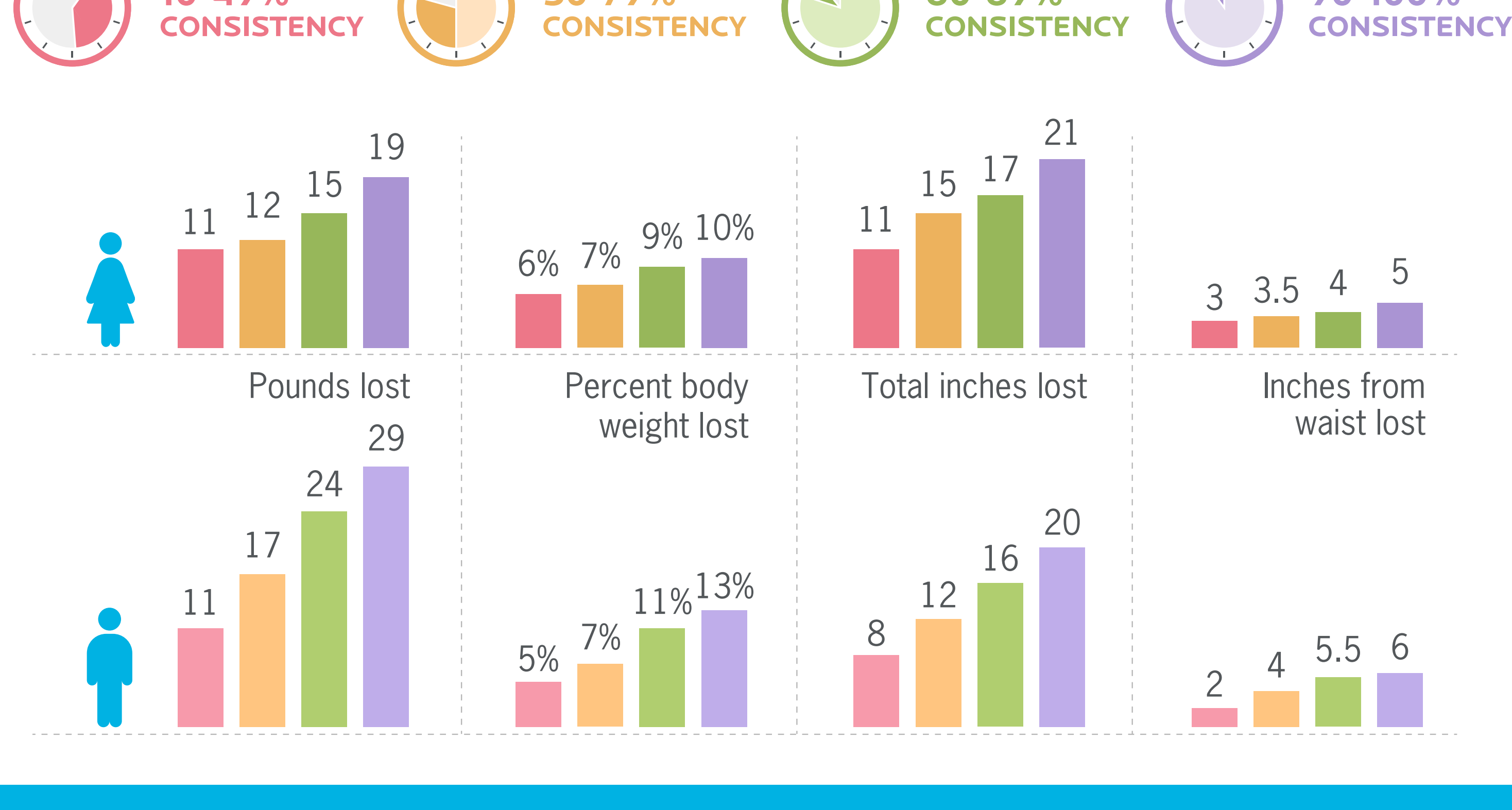
...SO HEALTH AND FITNESS SHOULDN'T, EITHER

What your progress looks like when you keep pressing pause.



THANKFULLY, EVEN SMALL EFFORTS ADD UP OVER TIME.

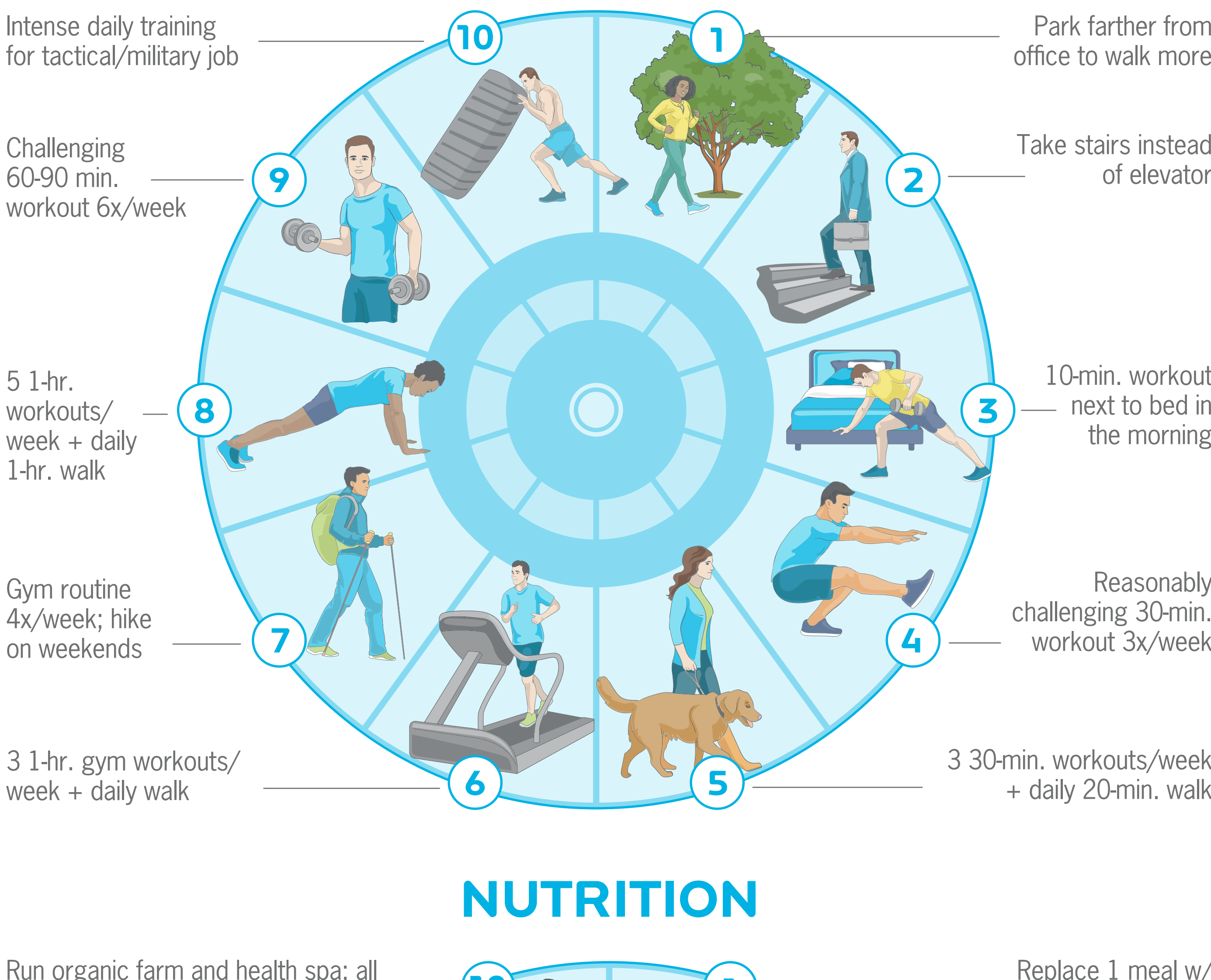
Body transformation at different levels of consistency after 12 months of Precision Nutrition Coaching.



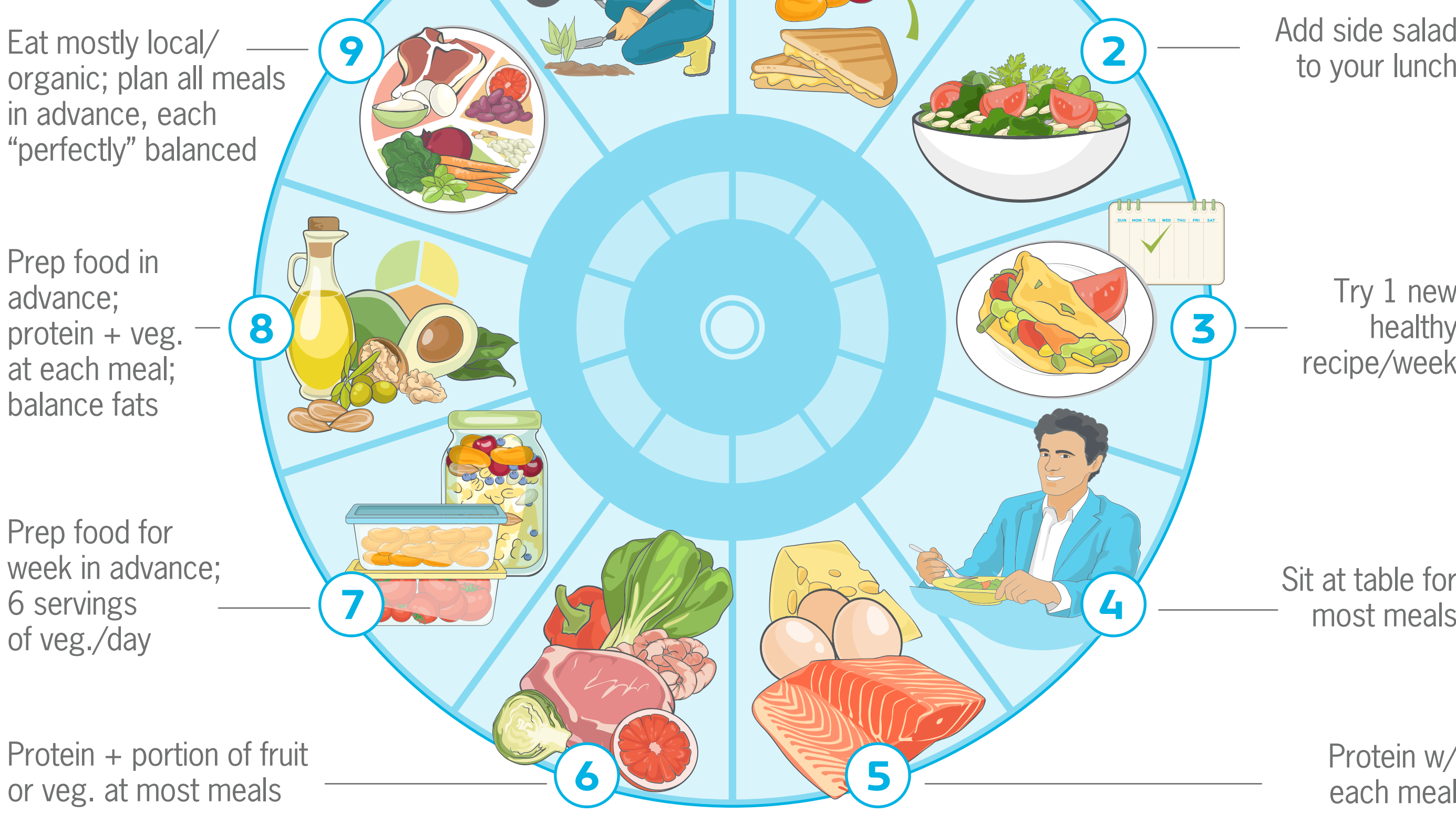
6 WAYS TO ADJUST YOUR “LIFE DIAL” TO KEEP MAKING PROGRESS.

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



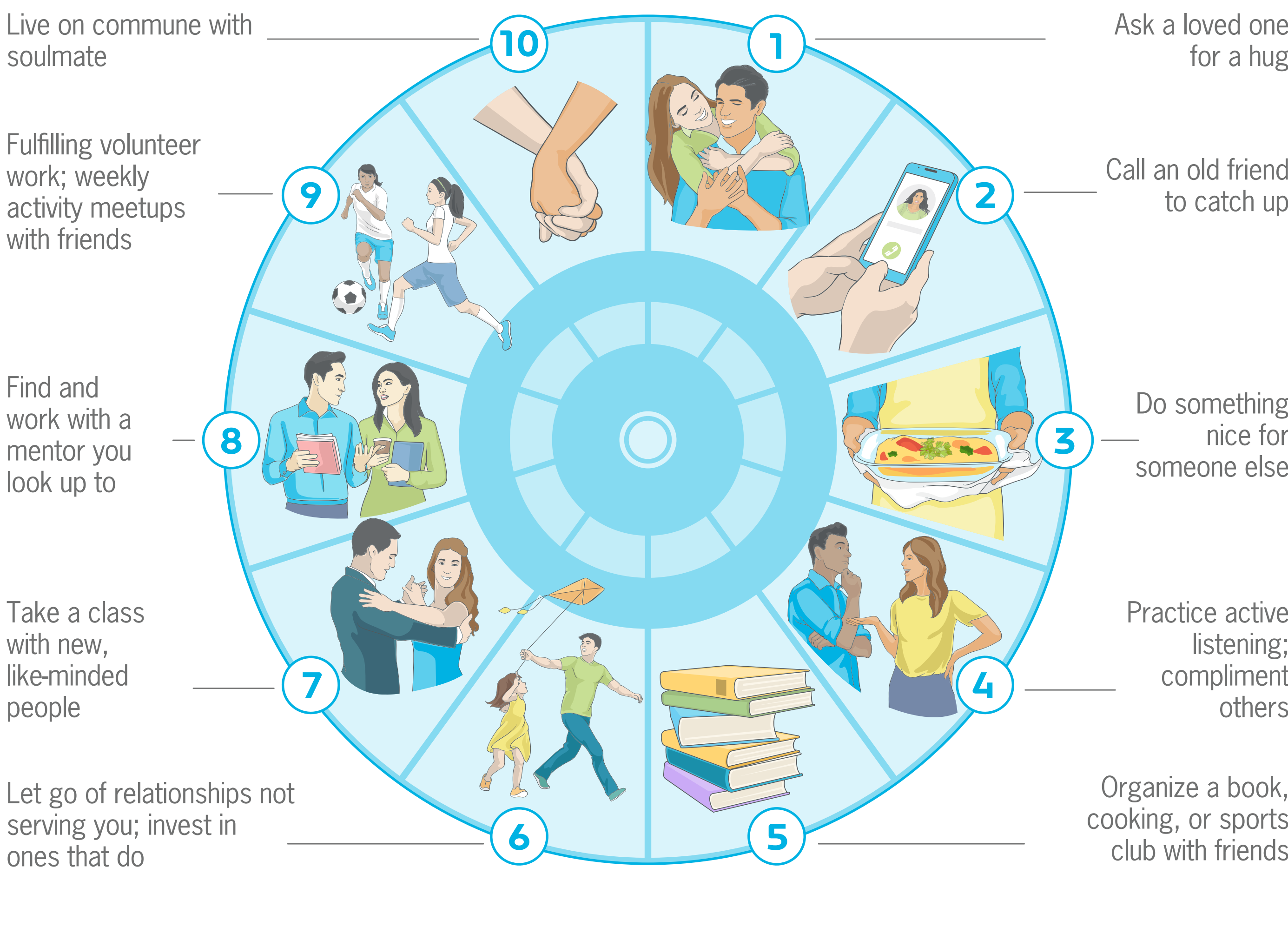
NUTRITION



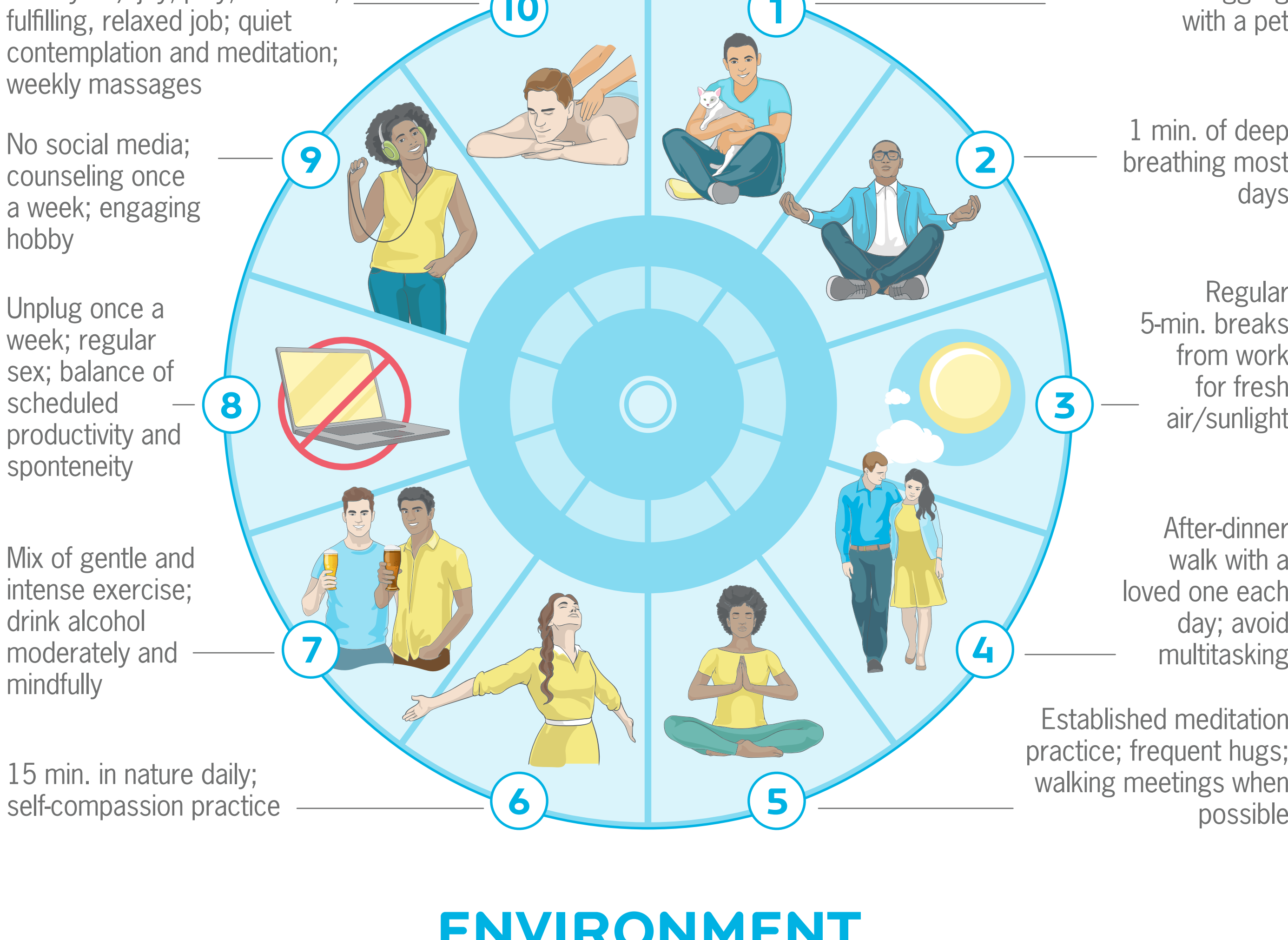
SLEEP



SOCIAL



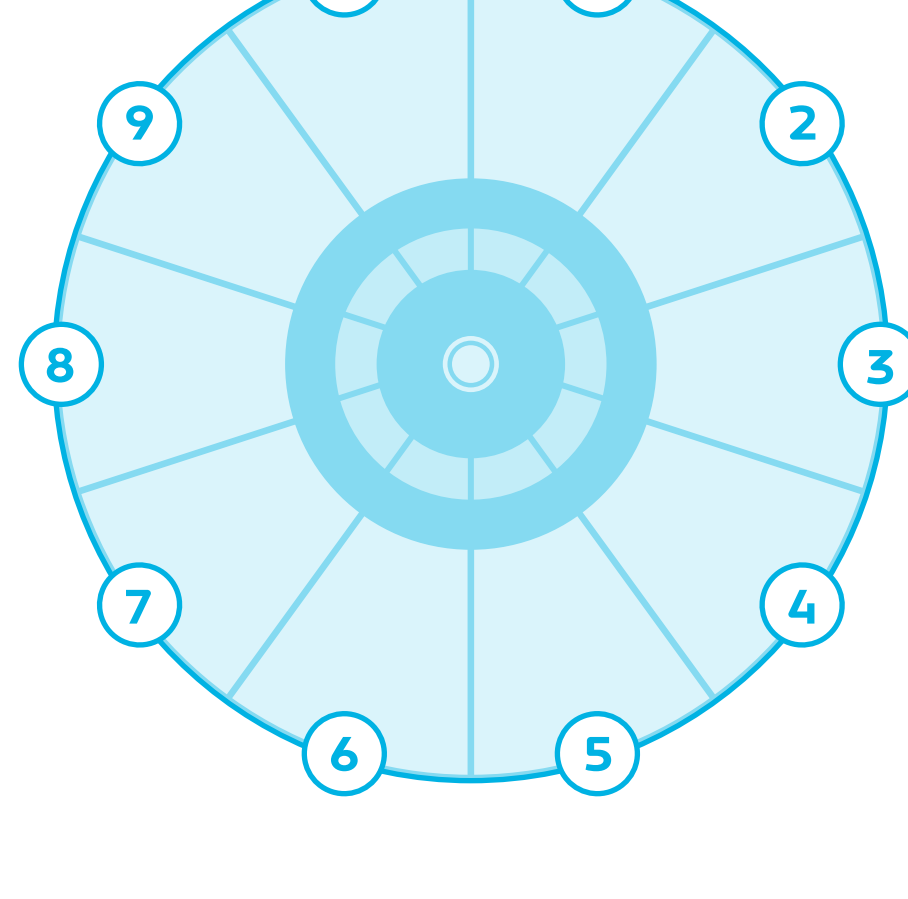
STRESS



ENVIRONMENT



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!).