7 EFFECTIVE WAYS TO MAKE TIME FOR EXERCISE AND NUTRITION

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



Understanding exactly why you want to eat better and exercise



IDENTIFY YOUR TOP PRIORITIES

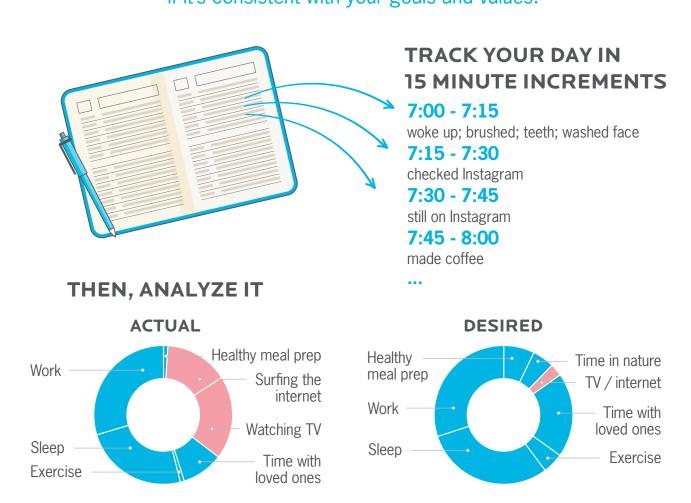
Think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand.



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

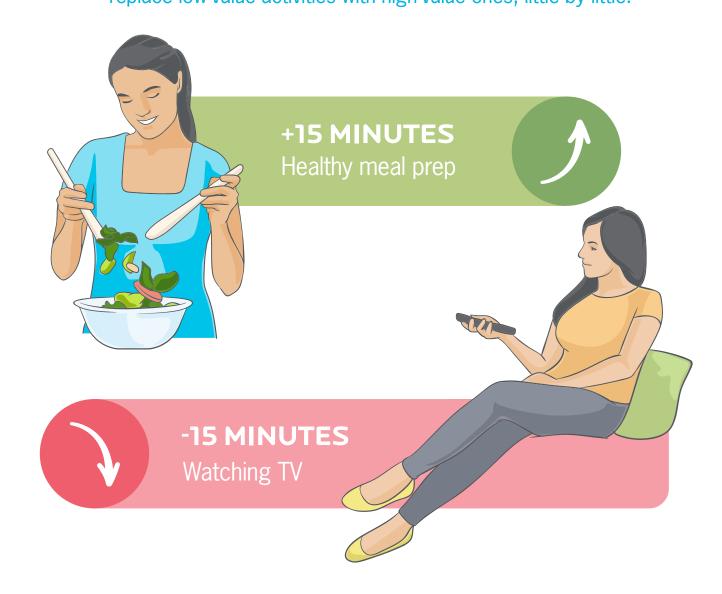
Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out if it's consistent with your goals and values.



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



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.







Establish a morning or weekend Reduce or eliminate routine to chop veggies and prepare "treat" foods protein + complex carbs in bulk



Sign up for a ČSA box and/or healthy meal delivery

Keep a packed gym bag

in your car or by the front door

in plain sight





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



Hold gatherings and meetings at parks and gyms

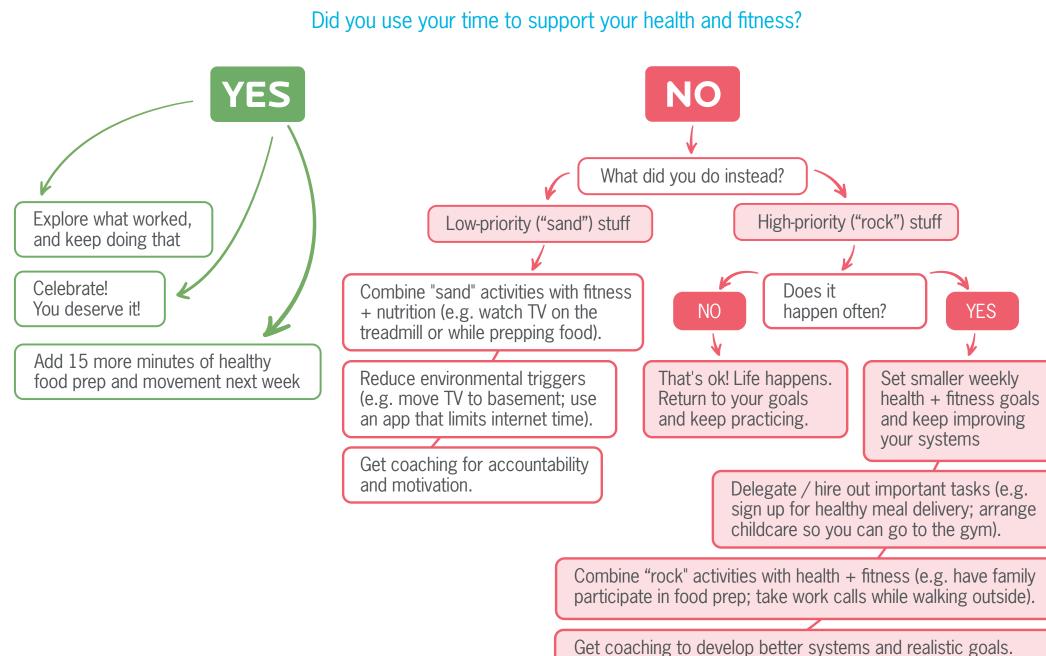
For more ways to establish a healthy environment: precisionnutrition.com/18-ways-to-transform-your-body



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



REVIEW AT THE END OF EACH WEEK



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.