

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.

1 ASK YOURSELF 'WHY'

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

Why do I want to eat healthier and exercise more?
Because I want to fit in smaller pants.

But why do I want to fit in smaller pants?
Because when I'm wearing smaller pants, I'll look better.

But why do I want to look better?
Because when I look good, I feel good about myself.

But why do I want to feel good about myself?
Because when I feel good about myself, I'm more assertive and confident.

But why do I want to be more assertive and confident?
Because when I'm more assertive and confident, I'm in control, my fears won't stop me, and I can finally go for my dreams.

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

2 IDENTIFY YOUR TOP PRIORITIES

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

TIME WITH FRIENDS AND FAMILY
HEALTH
EARNING A LIVING
GETTING ENOUGH SLEEP

HOBBIES
EXCELLING AT WORK
BEING A COMPETITIVE ATHLETE
WORKING ON A "PASSION PROJECT"

WATCHING TV
SOCIAL MEDIA
PLAYING VIDEO GAMES
GOING OUT DRINKING

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.

3 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.

TRACK YOUR DAY IN 15 MINUTE INCREMENTS

7:00 - 7:15
woke up; brushed; teeth; washed face

7:15 - 7:30
checked Instagram

7:30 - 7:45
still on Instagram

7:45 - 8:00
made coffee

...

THEN, ANALYZE IT

ACTUAL

Work
Sleep
Exercise
Healthy meal prep
Surfing the internet
Watching TV
Time with loved ones

DESIRED

Healthy meal prep
Work
Sleep
Time in nature
TV / internet
Time with loved ones
Exercise

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

4 INCREASE HEALTH AND FITNESS ACTIVITIES IN 15-MINUTE INCREMENTS

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

+15 MINUTES
Healthy meal prep

-15 MINUTES
Watching TV

5 CREATE SYSTEMS THAT MAKE HEALTH AND FITNESS FASTER AND EASIER

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
- Reduce or eliminate "treat" foods
- Establish a morning or weekend routine to chop veggies and prepare protein + complex carbs in bulk
- Sign up for a CSA box and/or healthy meal delivery
- Keep berries and greens in the freezer (for quick Super Shakes)
- Join the gym closest to home or work
- Keep a packed gym bag in your car or by the front door
- 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

6 PUT MEAL PREP AND MOVEMENT IN YOUR CALENDAR

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



7 REVIEW AT THE END OF EACH WEEK

Did you use your time to support your health and fitness?

YES

- Explore what worked, and keep doing that
- Celebrate! You deserve it!
- Add 15 more minutes of healthy food prep and movement next week

NO

What did you do instead?

- Low-priority ("sand") stuff**
 - Combine "sand" activities with fitness + nutrition (e.g. watch TV on the treadmill or while prepping food).
 - Reduce environmental triggers (e.g. move TV to basement; use an app that limits internet time).
 - Get coaching for accountability and motivation.
- High-priority ("rock") stuff**
 - Does it happen often?
 - NO**: That's ok! Life happens. Return to your goals and keep practicing.
 - YES**: Set smaller weekly health + fitness goals and keep improving your systems.
 - Delegate / hire out important tasks (e.g. sign up for healthy meal delivery; arrange childcare so you can go to the gym).
 - Combine "rock" activities with health + fitness (e.g. have family participate in food prep; take work calls while walking outside).
 - Get coaching to develop better systems and realistic goals.

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.