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:

- **62%** have trouble exercising regularly because of the demands of daily life.
- **87%** find it difficult to deal with stress, at least some of the time.
- **89%** of those who work deal with moderate to high job stress.
- **65%** of those with jobs usually work 8 or more hours/day.
- **88%** of caregivers deal with moderate to high caregiving stress.
- **83%** of students experience moderate to high school-related stress.
- **60%** experience stress at home.
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.

**THANKFULLY, EVEN SMALL EFFORTS ADD UP OVER TIME.**

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

<table>
<thead>
<tr>
<th>Time</th>
<th>10-49% Consistency</th>
<th>50-79% Consistency</th>
<th>80-89% Consistency</th>
<th>90-100% Consistency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pounds lost</td>
<td>11, 12, 15, 19</td>
<td>6%, 7%, 9%, 10%</td>
<td>11, 15, 17, 21</td>
<td>3, 3.5, 4, 5</td>
</tr>
<tr>
<td>Percent body weight lost</td>
<td>11, 17, 24, 29</td>
<td>5%, 7%, 11%, 13%</td>
<td>8, 12, 16, 20</td>
<td>2, 4, 5.5, 6</td>
</tr>
<tr>
<td>Total inches lost</td>
<td>11, 15, 17, 21</td>
<td>6%, 7%, 9%, 10%</td>
<td>8, 12, 16, 20</td>
<td>3, 3.5, 4, 5</td>
</tr>
<tr>
<td>Inches from waist lost</td>
<td>11, 12, 15, 19</td>
<td>5%, 7%, 11%, 13%</td>
<td>8, 12, 16, 20</td>
<td>2, 4, 5.5, 6</td>
</tr>
</tbody>
</table>

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

What your progress looks like when you keep pressing pause.
MOVEMENT

1. Intense daily training for tactical/military job
2. Take stairs instead of elevator
3. 10-min. workout next to bed in the morning
4. Reasonably challenging 30-min. workout 3x/week
5. 3 30-min. workouts/week + daily 20-min. walk
6. Gym routine 4x/week; hike on weekends
7. 3 1-hr. gym workouts/week + daily walk
8. Challenging 60-90 min. workout 6x/week
9. Park farther from office to walk more
10. Take stairs instead of elevator

NUTRITION

1. Replace 1 meal with a less processed one
2. Add side salad to your lunch
3. Try 1 new healthy recipe/week
4. Sit at table for most meals
5. Protein w/ each meal
6. Protein + portion of fruit or veg. at most meals
7. Prep food for week in advance; 6 servings of veg./day
8. Prep food in advance; protein + veg. at each meal; balance fats
9. Eat mostly local/organic; plan all meals in advance, each “perfectly” balanced
10. Run organic farm and health spa; all meals prepped by sports nutritionist; eat slowly with no distractions
**SLEEP**

1. 5 min. of wind-down time before bed
2. Have less alcohol, caffeine, and very heavy meals in evenings
3. Calendar reminder to go to bed 30 min. before bedtime
4. Leave phone outside bedroom; have a regular bedtime
5. Shut down screens 1 hr. before bed; get outside for natural sunlight during day
6. Do purposeful relaxation exercises before bed; keep bedroom tidy and cool
7. Buy blackout shades and white noise machine; break up with snooze button
8. Elaborate bedtime routine with Epsom salt baths and aromatherapy
9. Restorative yoga before bed; wake up with the sun; high-tech cooling mattress
10. No screens outside working hours; advanced sleep tracking and coaching; specially-engineered sleep pod

**SOCIAL**

1. Ask a loved one for a hug
2. Call an old friend to catch up
3. Do something nice for someone else
4. Practice active listening; compliment others
5. Organize a book, cooking, or sports club with friends
6. Let go of relationships not serving you; invest in ones that do
7. Take a class with new, like-minded people
8. Find and work with a mentor you look up to
9. Fulfilling volunteer work; weekly activity meetups with friends
10. Live on commune with soulmate
**STRESS**

1. Fill days w/ joy, play, fresh air; fulfilling, relaxed job; quiet contemplation and meditation; weekly massages
2. No social media; counseling once a week; engaging hobby
3. Unplug once a week; regular sex; balance of scheduled productivity and spontaneity
4. Mix of gentle and intense exercise; drink alcohol moderately and mindfully
5. 15 min. in nature daily; self-compassion practice
6. 1 min. of deep breathing most days
7. Regular 5-min. breaks from work for fresh air/sunlight
8. After-dinner walk with a loved one each day; avoid multitasking
9. Established meditation practice; frequent hugs; walking meetings when possible
10. 5 min. snuggling with a pet

**ENVIRONMENT**

1. Live at wellness retreat; meals prepared by private chef; state-of-the-art home gym
2. Keep dumbbells and resistance bands at home
3. Serve meals on smaller dishes
4. Move TV to a room you don’t use very much; keep healthy snacks in office desk drawer
5. Kitchen cleanout and restock once a month
6. Get a dog that needs walking; spend time with friends who eat healthy
7. Meal prep each week; organize social activities around sports
8. Get treadmill desk at work; meal delivery service; give up car for bike
9. Remove one “trigger” item from kitchen
10. Meal prep each week; organize social activities around sports

Put “red light” foods in a hard-to-reach place; sign up for CSA box
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!).

For the full article explaining this infographic, visit:
https://www.precisionnutrition.com/pause-button-mentality