



Intense daily training for tactical/military job

Challenging 60-90 min. workout 6x/week

5 1-hr. workouts/week + daily 1-hr. walk

Gym routine 4x/week; hike on weekends

3 1-hr. gym workouts/week + daily walk

10

1

2

3

4

5

6

7

8

9

Park farther from office to walk more

Take stairs instead of elevator

10-min. workout next to bed in the morning

Reasonably challenging 30-min. workout 3x/week

3 30-min. workouts/week + daily 20-min. walk

Read the full article here:
<https://www.precisionnutrition.com/pause-button-mentality>

[illegible]

The diagram consists of three concentric circles. The innermost circle is labeled "Total control" and contains the text "My actions", "My mindset", and "My effort". The middle circle is labeled "Some control" and contains "My schedule" and "My home & work environment". The outermost circle is labeled "No control" and contains "Other people's thoughts & actions" and "The weather".

Read more here:
<https://www.precisionnutrition.com/4-ways-to-cope>

Want to work with a Precision Nutrition certified coach?
Learn more about the Better than Ever Coaching Program:
wendyswaytohealth.com