

FINDING VISION



QUESTION!

- What kinds of endeavors or goals (construction, school assignments, etc) can't be accomplished without a plan?
- How does having a plan help us accomplish our goals?



Plan for Sustained Success

If you want to be consistently successful in anything, having a plan is critically important.



Plan for Sustained Success

If you want to build a sturdy, beautiful home, you need a blueprint to follow.





Plan for Sustained Success



You don't attain the best grade on a complicated, demanding school assignment **by accident**. And you definitely won't maintain scholastic success without routines and processes.

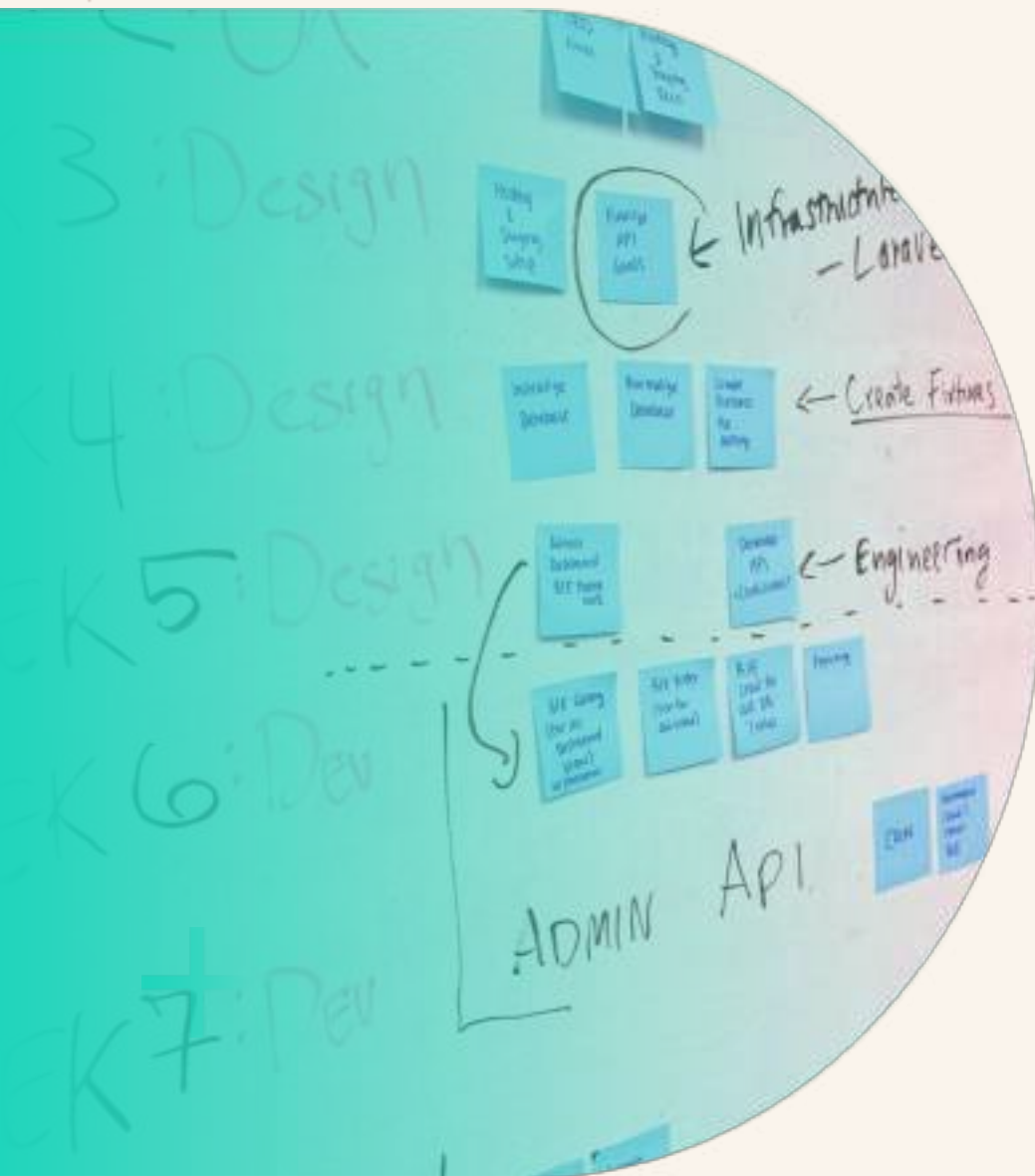




Plan for Sustained Success

Having a plan for sustained success is a critical key to sustaining success in any area of life.





Plan for Sustained Success

In other words, if we want to do something well for a long period of time, we need a plan.



Plan for Sustained Success

Living a healthy lifestyle doesn't happen by accident.





Plan for Sustained Success

Desirable health outcomes include but are not limited to:

- Strength
- Dense bones
- Stamina
- High amounts of energy
- Quality sleep
- Quicker recovery from illness
- Good digestion
- Flexibility
- Lower stress



Plan for Sustained Success

Experiencing those health outcomes over a lifetime requires **sticking to a plan.**





Plan for Sustained Success



Finding vision simply means developing a plan to sustain healthy movement, nutrition, and recovery.





Plan for Sustained Success

When we fail to plan, we plan to fail.
When we aim at nothing, we're bound to hit it.



Plan for Sustained Success



The good news is that a lifestyle of strength, stamina, flexibility, quality sleep, high energy, and more is **attainable and sustainable**. A critical key is: have a plan.



REVIEW!

- What is a critical key to sustained success with our health?
- If you want to have strength, stamina, quality sleep, and high energy (etc), what are some practical things you can do to achieve those health outcomes?



QUESTION!

- What kinds of promises from the fitness industry should we be suspicious of?
- What are some ways to know if a product or service from the fitness industry is worth trying?



Fitness Industry Exposed

Not every product or service offered by the fitness industry is bad.





Fitness Industry Exposed

There are a lot of good folks in the industry who genuinely want to educate people and help them be healthier and happier.





Fitness Industry Exposed

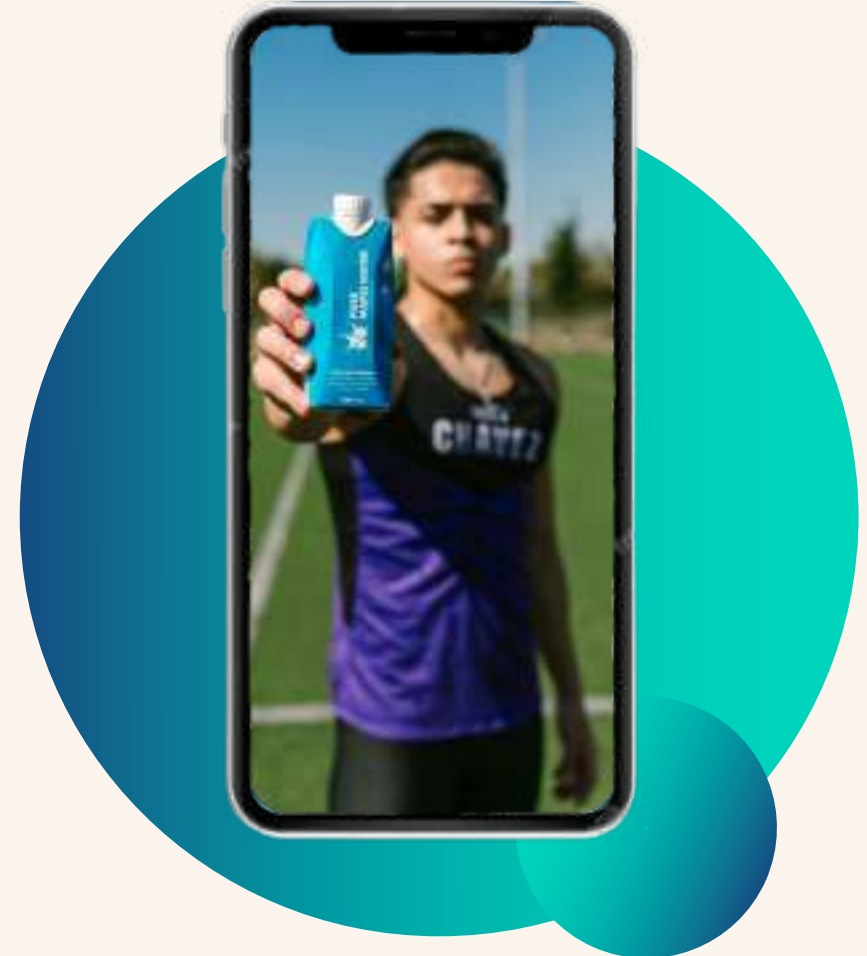
However, there are many products and services offered in the fitness industry that are **not helpful for your long term health.**





Fitness Industry Exposed

Companies and influencers will use various marketing strategies to convince consumers to purchase their products and services.





Fitness Industry Exposed

One of the most common marketing strategies in the fitness industry is promising rapid results.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Lose 20 pounds fast!”
 - Companies and/or influencers will tell you that you can lose [x amount] of pounds in a week, a month, etc.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Six-pack Abs Fast!”
 - Ads will promise a chiseled midsection in a short amount of time if you use their exercise equipment or take their supplement(s).





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- **“Better skin fast!”**
 - Ads will promise massive improvements in general complexion by using their lotion, serum, supplement(s), etc.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Better sleep fast!”
 - Ads will promise immediate improvements in sleep quality by using their mattress, CBD supplement, etc.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Rapid relief from indigestion!”
 - Products will promise relief from digestion without (in most cases) addressing the root causes of the indigestion.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Rapid relief from pain!”
 - Ads promise instant removal of pain without (in most cases) addressing the root cause(s) of the pain.





Fitness Industry Exposed

Rapid results marketing tactics include but are not limited to:

- “Total body transformation fast!”
 - Ads promise extreme changes to a person’s body composition in only a few weeks.





Fitness Industry Exposed

Here's the cold, hard truth: **positive**, substantial changes in our health will take time.





Fitness Industry Exposed

Positive, sustainable changes in our general health, in most cases, do not happen **FAST!**





Fitness Industry Exposed

Substantial, positive changes in our general health almost always happen **over a period of time that is longer** than what the fitness industry usually markets.





Fitness Industry Exposed

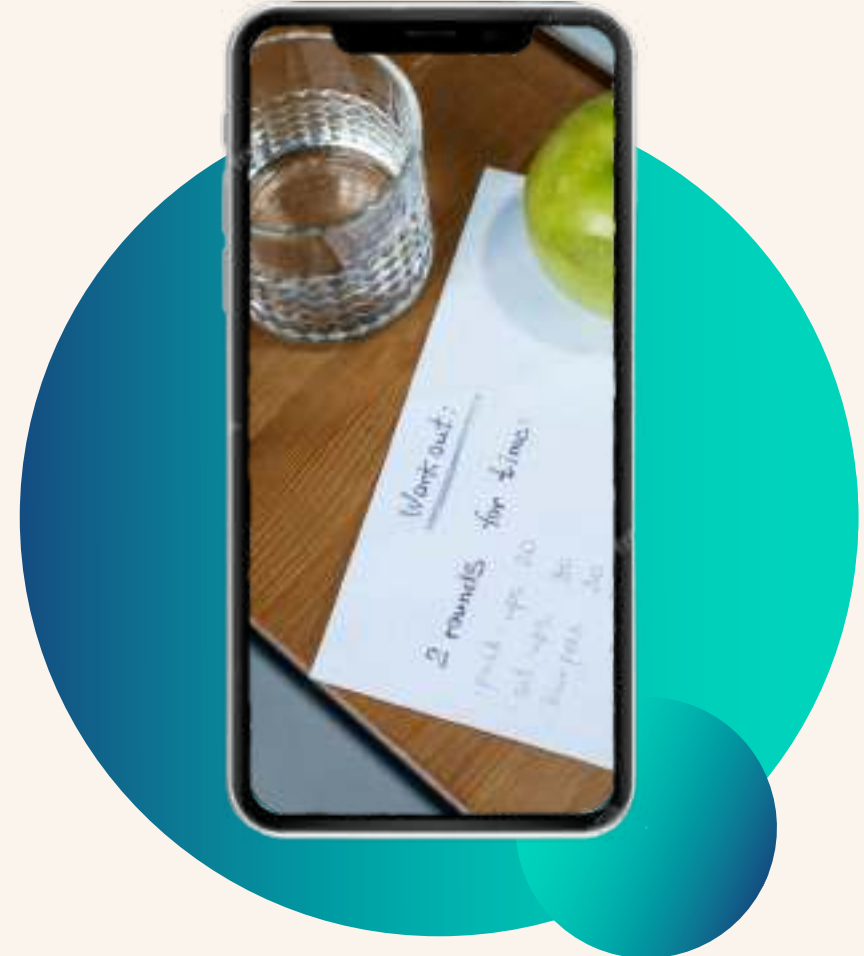
Using products to achieve significant changes in your body composition (i.e., losing fat or gaining muscle) in only a few days or weeks can be, at best, unhealthy or, at worst, very harmful to your physical and/or mental health.





Fitness Industry Exposed

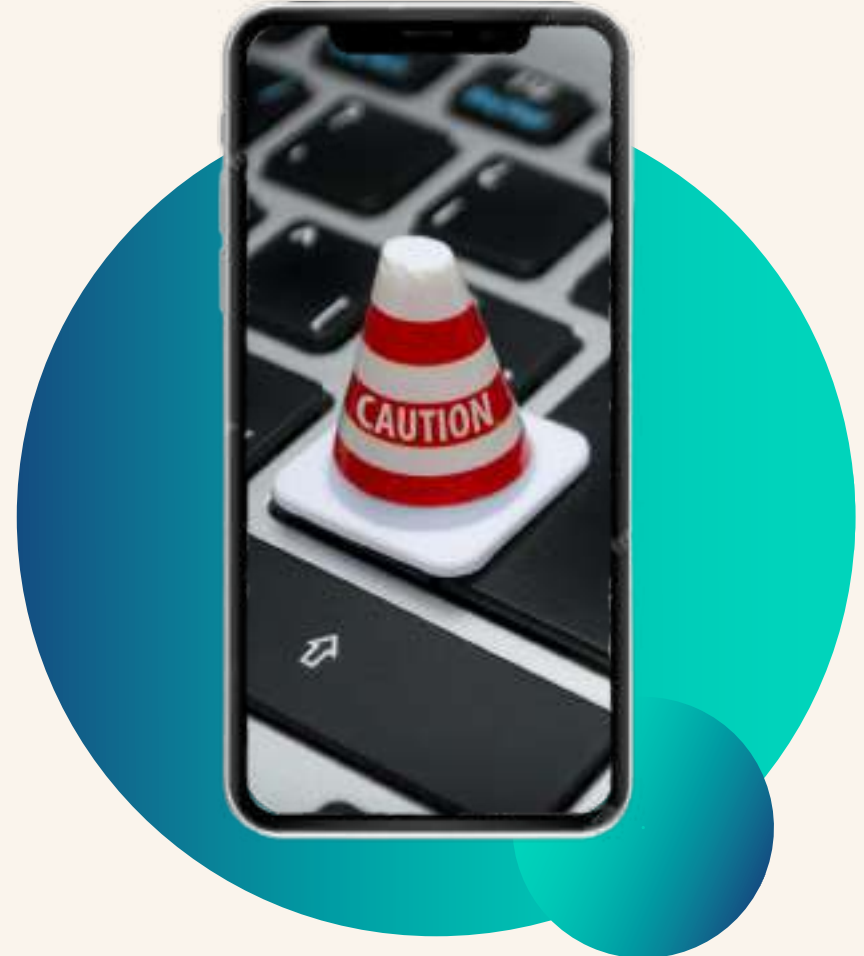
Small, incremental changes over months and years are what will often be most helpful and sustainable for our bodies.





Fitness Industry Exposed

If a company and/or influencer is promising you RAPID results, **beware!**



REVIEW!

- What kinds of fitness industry ads should we be skeptical of? Why?



QUESTION!

- What are practical tips for attaining better overall physical health?
- What are practical tips for sustaining the results we get?



Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #1: Schedule one walk per day**
 - Each day, on your calendar, schedule at least one walk in the morning, afternoon, or evening.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #2: Get a training plan**
 - Schedule a meeting with a certified personal trainer or sports coach, discuss your goals, and tailor a training plan to meet those goals.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #3: Join a group training class**
 - Join a CrossFit gym, a spin class, or another group class.
 - Group fitness is a great way to move rigorously and build friendships at the same time.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #4: Train with a friend**
 - Find someone who will exercise (run, lift weights, hike, bike, swim) with you.
 - Schedule 2x-3x a week to train together.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #5: Join a sports team**
 - Team sports (football, soccer, basketball, etc) are a great way to put scheduled, structured exercise into your weekly routine.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- **Pro Tip #6: Start a weekly or monthly movement club**
 - Ask a group of family and friends to join you once a week or once a month for a hike, bikeride, run, rock climbing, weight training, and/or some kind of sport (golf, etc).
 - Keep scheduling times for movement with others.





Pro Tips for Sustainability

Pro Tips for maintaining an ACTIVE LIFESTYLE include but are not limited to:

- Pro Tip #7: Schedule three periods of exercise per week
 - If you make the time to move, you're more likely to take the time to move.
 - Block off times on your weekly calendar for movement and don't let anything (barring illness, injury, crisis, etc) get in the way of those periods of exercise.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #1: Schedule an appointment with a certified nutritionist**
 - Take out the guesswork. Share your goals with a trusted professional and tailor nutrition guidelines to meet those goals.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #2: Learn to cook more of your meals**
 - Cooking is the single greatest way to control your nutrition.
 - Research simple, easy-to-make recipes you can make on your own.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #3: Pack more meals and eat out less**
 - Invest a little money in some deli containers, a small cooler, and an ice pack or two.
 - Bring your meals with you. It will save you a TON of money and help you stick to your goals.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #4: Eat the same thing as often as possible**
 - Find recipes you enjoy and try eating the same things as often as you can.
 - Eating the same foods lowers cost, simplifies cooking, and often improves digestion and helps you stick to your goals.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #5: Prioritize whole and minimally processed foods**
 - Try to incorporate as many 1-ingredient foods as possible.
 - Examples include:
 - Meat
 - Beans
 - Fruits and vegetables
 - Nuts and seeds
 - Rice, potatoes, and oatmeal
 - Minimally processed pastas
 - Olive oil, avocado oil





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #6: Make smoothies**
 - Smoothies are one of the most cost effective, simple, tasty, sustainable ways to pack a lot of nutrition into a meal.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #7: Limit processed and ultra processed foods**
 - Processed and ultra processed foods often include high amounts of added sugars, oils, and are often high-calorie with a low nutrient density.
 - Examples of processed and ultra processed foods are:
 - Fast food
 - Packaged cookies, crackers, chips, desserts, etc
 - Most breakfast cereals
 - “Health” food products (shakes, bars, etc)





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #8: Limit added sugars**
 - Try to limit or entirely avoid foods with added sugars like sodas, energy drinks, desserts, etc.





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #9: Stay hydrated**
 - Bring a water bottle with you everywhere you go and keep it full!
 - Eat electrolyte-rich foods like:
 - Sea salt and Himalayan salt
 - Fruits and vegetables
 - Nuts and seeds
 - Potatoes





Pro Tips for Sustainability

Pro Tips for maintaining a NOURISHING DIET include but are not limited to:

- **Pro Tip #10: Stay consistent**
 - What you feed on, you'll hunger for.
 - The more consistently you do something (like cook) and eat particular foods, the more you'll want to do it. Stick with it and you'll become addicted (in the best sense) to consuming nourishing foods.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #1: Schedule a bedtime**
 - Many of the greatest athletes in the world schedule when they go to bed to maximize sleep consistency.
 - Especially on weeknights, try to be in bed at the same time every night.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #2: Schedule a tech shutdown**
 - Schedule a time each day in the evening to turn off technology (phone, videogames, etc) in order to “wind down” and get ready for sleep.
 - Instead of tech, try activities like reading, playing games with family and friends, cooking, or stretching.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #3: Exercise rigorously**
 - One of the best contributors to quality sleep is strenuous exercise and movement.
 - Train with intensity and deeper, more restful sleep is likely to follow.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #4: Go outside and get sunlight**
 - Feelings of fatigue and grogginess may, in many cases, be due to long durations of time inside.
 - Spending time outside is a great way to feel energized throughout the day.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #5: Schedule a time with a physical therapist**
 - Physical Therapists are experts in using movement as medicine for your body. Learn from a PT how to perform various exercises to protect you from injuries and/or rehabilitate injuries.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- Pro Tip #6: Schedule a warmup into your training
 - If you have 30 minutes or an hour to train, make sure to allot time to properly warm up.
 - Dynamic stretching is a great way to prevent injury and maximize physical performance.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #7: Eat nourishing foods**
 - Whole and minimally processed foods that are nutrient dense help to provide the body with the vitamins and minerals needed for maximum physical and mental energy and performance.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #8: Schedule time for enjoyable, refreshing hobbies**
 - Make time in your schedule for activities you enjoy and make you feel refreshed.
 - Try to develop a routine on your calendar so that you have plenty of time for activities that make you feel rested.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #9: Schedule time with family and friends**
 - Block off time in your weekly and monthly schedule for activities with family and friends.
 - Go on walks, have coffee or tea, play board games, make a meal, or do another activity with people you love and love you.





Pro Tips for Sustainability

Pro Tips for maintaining REST AND RECOVERY include but are not limited to:

- **Pro Tip #10: Find ways to serve the needs of others**
 - Schedule times each month to volunteer and help others. Helping others is a tremendous way to experience refreshment and joy.
 - Talk to trusted adults in your life about opportunities to tutor, feed and clothe the underserved, visit and care for the elderly, and more.





Pro Tips for Sustainability

These activities won't happen on their own. We need a plan! Sustaining healthy living requires intentional and consistent planning with our time.



IN REVIEW

- A life of consistency in our health will require making and sticking to a plan.
- Positive overall changes in our health often don't come quickly, but through slower, incremental changes.
- Never be quick to trust "rapid results" marketing from the fitness industry.
- Maintaining physical health requires time and planning.
 - Maintaining nutrition requires time and planning.
- Maintaining rest and recovery requires time and planning.