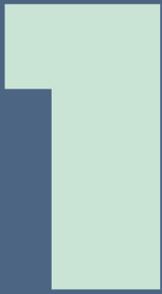


7 WAYS TO MAKE TIME FOR EXERCISE AND NUTRITION

How to prioritize health, organize
your schedule, and get things done.

The Marble Method

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Ask Yourself 'WHY'

Understanding 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 into smaller pants

But why do I want to fit into 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

2

Identify your top priorities

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

Big Rocks :
the stuff that's most necessary to feel fulfilled in life. They often relate to family, health and livelihood

- Time with friends + Family.
- Health
- Earning a living
- Getting enough sleep

Pebbles :

add extra fun and satisfaction to life, but aren't totally necessary.

- Hobbies
- Excelling at work
- being a competitive athlete
- working on a "passion project"

Sand:

purely "bonus" activity. It can be enjoyable, but it's not crucial to your survival or fulfillment.

- Watching TV
- Social media
- Playing video games
- Going out drinking

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 is consistent with your goals and values.

Track your day in

-15 minute increments

7:00-7:15am

woke up, brushed teeth, washed face

7:15-7:30am

Checked IG

7:30-7:45am

still on IG

7:45-8:00am

made coffee

Then analyze (without judgment) :

Actual vs. Desired

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

+15min healthy meal prep



vs.

-15min 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
- est. 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 gym or work
- keep a packed gym bag in your car or by front door
- leave weights and resistance bands lying around for quick convenient workouts
- hold gatherings and meetings at parks and gyms

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.





Review at the end of each week

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

Analyze + assess:
How will you conquer the
next week?!

YOU GOT THIS!