



Coaching enhanced health and fitness for maximum productivity!

FIT and POWERFUL Speakers

Focus, Food & Fitness ~ In the Office, In a Car, On a Plane

I. FOCUS: Take control of *your* world...Your future!

Why can't we get healthy?

- **Lack of Focus**
- **The out-of-shape mind plays the 'blame game'**

What would healthy look like to you?

- **Desire: Focus on how good you will feel afterwards.**
- **Commitment: The degree to which you will inconvenience yourself for something**

Is it convenient to be healthy?

Is it convenient to be unhealthy?

II. FOOD: Eat With A Purpose!

- **Discipline: Doing what you have to do, when you have to do it, whether you want to or not.**
- **Balance protein w/ carbs**
- **Drink water – 8-10 8oz. glasses**
- **Include tons of veggies**
- **Eat 4-5 meals a day**
- **Avoid the night-time cookie monster**
- **Plan meals in advance**
- **KEEP A FOOD JOURNAL**
- **Plate Perfect: Learn how to Rate Your Plate**

III. FITNESS: Don't Just DO IT...Get Engaged!

- **Four Types of Physical Fitness: Balance, Flexibility, Strength, Cardiovascular**

GET ENGAGED TIPS:

- **Work with a fitness professional/personal trainer**
- **Don't cheat yourself – Take the high road**
- **Use your core *all the time***
- **Stay *out of the zone* – Focus on your fitness mission**
- **Circuit your work-out & maximize efficiency**
- **Quality always over-rides Quantity**

Smart Fitness Increase Your Results in LESS Time



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IV. Drive Accountability: Create your own Support System

- **Personal & Professional**
- **Take Ownership In and Out of Work**

WHAT DO YOU LIVE FOR???

V. Write down you 1 TOP Action Step

Six Follow-up Support Resources:

- **1. Monthly Accountability Checklist**
- **2. Tips on How to Select a Personal Trainer**
- **3. FREE e-Tips**
- **4. NSA Power Partner**
- **5. FIT and POWERFUL Professional Resources**
- **6. Unlimited Email w/ Ilene – ilene@ileneonhealth.com**