



# Endurance in Life: Balancing Health, Performance, and Family

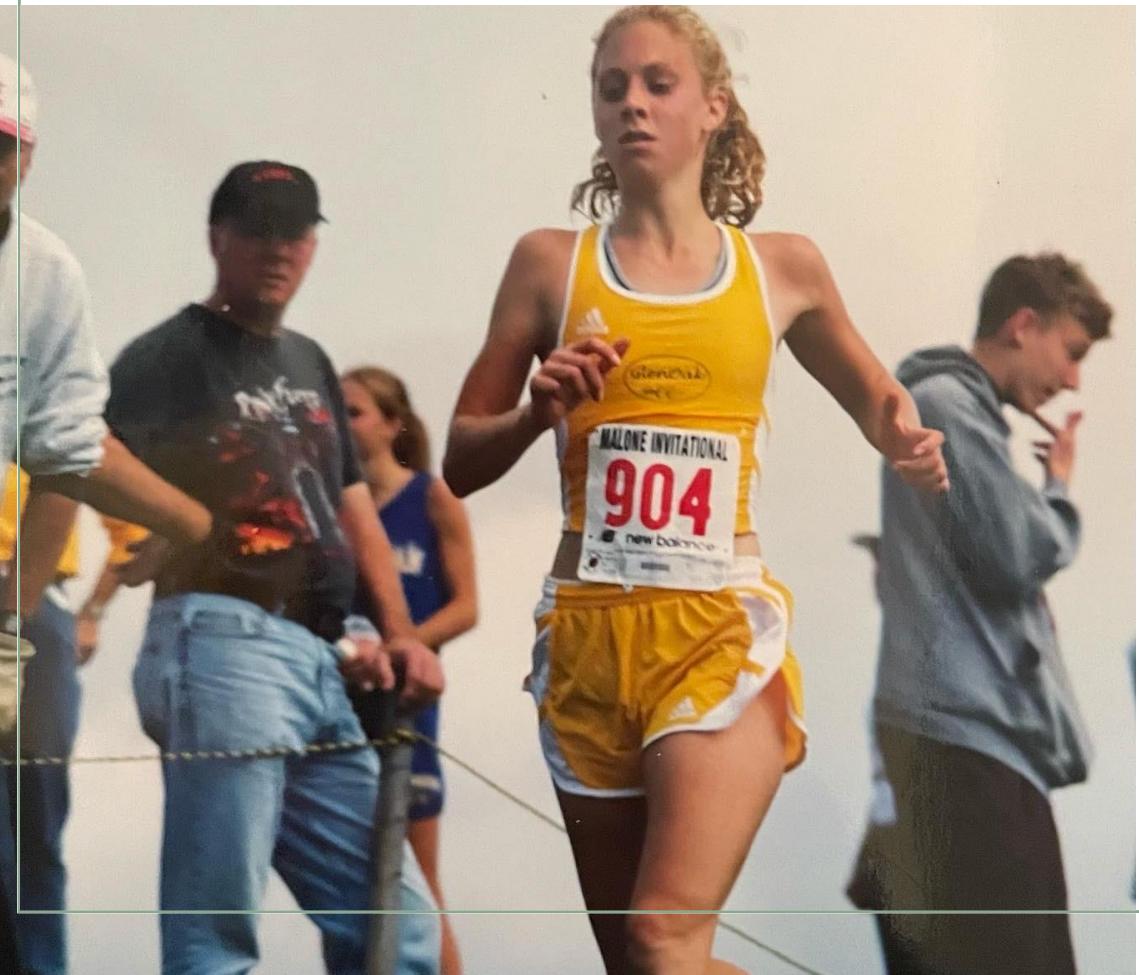


This is not about perfection, but perspective and priorities.



# Know your WHY

# Dismantling Doubt



**Training: Quality vs. Quantity**

**Health: Sleep, nutrition, stress, hormonal health-training is NOT enough**

**Family: The cornerstone-support system, logistics manager, emotional fuel**



# Strategies

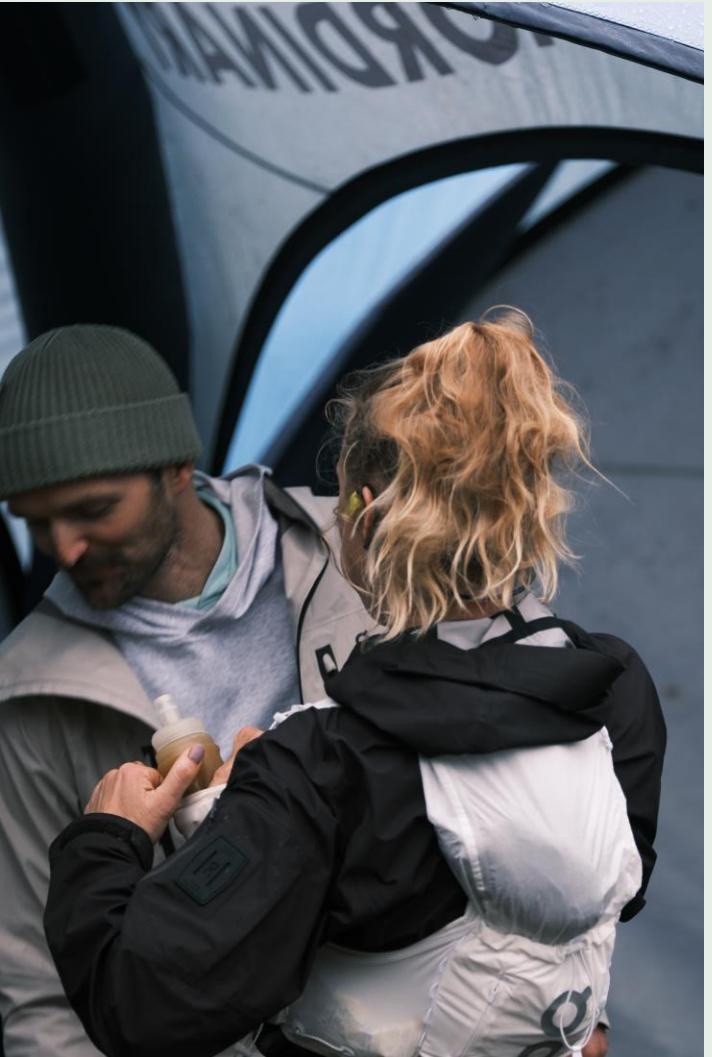
- Micro scheduling
- Non-negotiables
- Training cycles that FLEX
- Involving the family
- Letting go of GUILT



# The Healthspan Connection



- Endurance Training-how it supports longevity.
- Sustainable habits over time
- Examples: adjusting intensity, strength training, bloodwork monitoring



# Support

# Q&A

