



Endurance in Life: Balancing Health, Performance, and Family

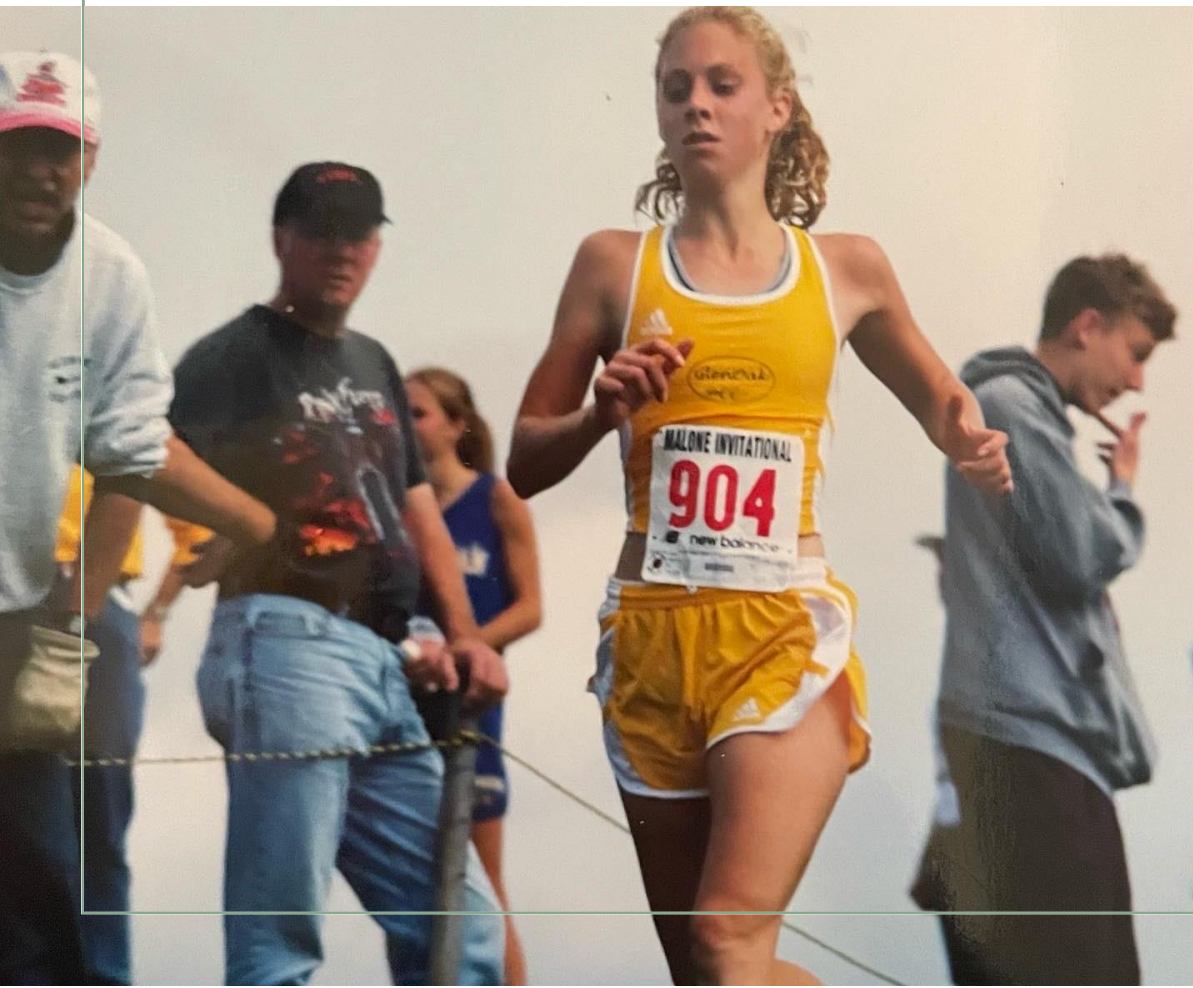


This is not about perfection, but perspective and priorities.



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 is supports longevity.
- Sustainable habits over time
- Examples: adjusting intensity, strength training, bloodwork monitoring



Support

Q&A

