

# JAMES SCHRAMKO

## 10 Health and Fitness Tips for Business Owners

- 1. Get a blood test** - A blood test should be the starting point of your health and fitness journey. It will tell your doctor if you're deficient in anything, what you can add, and what has to go.
- 2. Commit 100%** - There are three main elements of fitness, says health coach Zac Mason: nutrition, exercise, and mindset. And to build healthy habits that last for life, you have to commit to all of them 100%.
- 3. Get a DEXA scan** - DEXAs aren't just for osteoporosis. They'll tell you your full body muscle, bone and fat composition in detail, so you know what you're working with and can map out a fitness plan from there.
- 4. Count calories** - Sound old school? Creating a calorie deficit - consuming less calories than you burn - is still the best way to lose pounds. And once you hit your ideal weight, sticking to a calorie budget will keep you there. The beauty of that budget is you can eat almost anything you want as long as you don't go over, and because it's tailored to your body's needs, you won't go hungry. Zac recommends an app that sets your budget daily and lets you track your food consumption, as well as break down food into its carb, fat and protein content.
- 5. Plan ahead** - If you travel a lot, do your research. What food do restaurants have, and how much of it can you eat without blowing your calorie budget? What gyms are available to you? You don't have to fall off the wagon just because you're away from home.
- 6. Exercise (but not too much)** - Surprisingly, you don't need loads of training to get fit and stay fit. Three workouts a week, 25 to 40 minutes at a time, will do the job. This gives you time for business and life, and prevents the stress and guilt of missing a workout. You don't need a fully-equipped gym, either. Two dumbbells and floor space can be all the equipment you need.

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- 7. Set benchmarks** - Mindset is key if you want to be healthy. Do you want to be physically younger than your years? Do you look forward to being with your family for years to come? Are there activities you want to be physically fit for? Set your goals and make up your mind to reach them.
- 8. Wear a close-fitting tee** - As your body becomes more fit, you'll want the clothes to go with it. And the nice thing about close-fitting garments is a bit of snugness will tell you right away if you're getting too lax with your diet.
- 9. Be accountable** - A guide in your fitness journey can tell you what to do and hold you to it. These days, they can even track your progress via app and help you make adjustments to your routine when needed.
- 10. Go for gradual** - If you want a sudden change in your physique, it will typically call for extreme measures that aren't sustainable. Look to achieve gradual but steady improvement over time, then maintain your ideal health and fitness for the long-term.

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