

WHY IS NUTRITION IMPORTANT?

Will you find the importance?



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In the practice of coaching clients, friends, and family members I have found that nutrition is the one thing that holds everyone back from reaching their goals. Therefore, I plan to spend the next few months walking you through the process.

Today we will discuss the foundation of developing a healthy lifestyle.

When deciding how to introduce the topic of nutrition I decided we should start with understanding the importance. It would be easy to start by overloading you with information and how to do everything (which we will get to).

However, what is the utility of information without a deeper purpose for its application?

I want you to think about a few things,

What would being in the best shape of your life mean to you?
(think about what it would allow you to do or continue to do)

Who in your life would benefit from you improving your health?

What feeling do you have when you imagine your life in an optimal state of health?

Health is about more than being at a certain weight or looking a certain way. It is about improving the quality and function of our human experiences. Your pursuit of better health must be important on an emotional level as much as a physical one.

Why is nutrition important for our health?

The food we eat is the building block for the structure and function of our body.

Our nutrition dictates our body's ability to reach an optimal body composition (fat mass vs muscle mass).

Nutritional habits have been shown to have an impact on our mental health.

Poor nutrition is associated with all common diseases and disorders.

Developing a healthy relationship with food will positively impact all aspects of your life.

What I need from you:

Nutrition will be the foundation of our journey to health. In the coming weeks, we will get into the details of how to develop proper nutritional habits that work for you. For now, I want you to spend time searching for the meaning behind your journey and remember this meaning daily when you are making decisions that positively and negatively impact your health.

THANK YOU FOR READING!



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