



Staying fit can be challenging: There are always bills to pay, deadlines to meet, and obligations that can't be set aside. Making personal fitness a priority is a must for anyone who wants to stay healthy enough to accomplish life's daily tasks. But it doesn't have to revolve around someone else's contract, facility, and schedule.

With this guide, you can take ownership of your physical fitness and learn how to

- free yourself of entanglements that limit physical activity;
- take a leadership role in your fitness instead of relying on others; and
- identify sports, arts, and work that can energize and sustain your training life.

You'll also discover ten principles to help you rewire yourself to engage in more adaptive training and become more consistent and independent. Seven training dimensions encourage you to train often, in more places, with more choices.

If you want to plant, nourish, weed, and grow your personal fitness, then you need to recognize that no one knows the land of your body as well as you. Make your health a priority and *Farm Your Training Day*.



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FARM YOUR TRAINING DAY

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FARM YOUR TRAINING DAY

AN AMERICAN DREAM OF SUSTAINABLE PERSONAL FITNESS

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