



7 TIME-SAVING FITNESS & NUTRITION HACKS FOR BUSY PARENTS

STF
STRONGER TOMORROW FITNESS
HELPING BUSY PARENTS LIVE LEANER FITTER LIVES



7 Time-Saving Fitness & Nutrition Hacks for Busy Parents

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Quick Note,

This '7 Hacks' guide is a great resource for parents who are just starting out or stuck in their health and fitness journey. In the pages that follow you will find a few simple habits and hacks that you can implement into your life. This guide is simple and easy to follow but the real magic comes when you can implement it consistently.

Because this resource is a quick start, you may find that you want to go deeper which is why I created 'Stronger Healthier, Happier - 100 Health Hacks For Moms and Dads.' Click the link to get your copy when you are ready. Until then, enjoy the tips within this guide. - Ryan



1. The Minimum Version Rule

If a full workout isn't possible, do the 10-minute version. Short sessions keep momentum and stop the all-or-nothing spiral.

If you have a set of dumbbells (I seriously suggest you invest in a set if you don't) this is one of my favorites:

- Squat Press
- Biceps Curls
- Lying Triceps extensions
- Chest Flyes
- Lying Chest Press (on the floor if you don't have a bench)
- Lying Triceps extensions
- Chest Flyes

Check out a quick demo [HERE](#)

Do about 10 reps each for 3 rounds. Minimal rest in between. If your dumbbells are too light, do the movements slower. Then go buy heavier dumbbells 😊

If you don't have dumbbells try this:

- [Push ups](#) (or incline push ups from the counter)
- [Slow Squats](#) (or [squat jumps](#))



- [Mountain Climbers](#)
- [Elevated Glute Bridges](#)
- [Dead Bugs](#)
- [Reverse Lunge to Squat](#)

Perform each movement in order for 30-40 seconds each. For 3 rounds.

2. Prep Once, Eat Three Times

Make more at dinner and reuse it for tomorrow's lunch or snacks. Saves 30–45 minutes daily. Let's be real. It takes the same amount of time to cook 10 chicken breasts as it does 1 chicken breast and the same time to cook 3 cups of rice as it does to cook ½ cup of rice.

Here's an example for a family of 4:

- BBQ 8-10 Chicken Breasts,
- Chop 2 bell peppers, 1 English cucumber, 1 head of broccoli
- 2 Cups of rice.





This will not only leave you plenty of chicken, rice and veg for tomorrow's lunch but also the ingredients for a quick stir fry later in the week if you want as well.

Other ideas that can give you plenty of leftovers:
Pulled pork • Chilli • Tacos

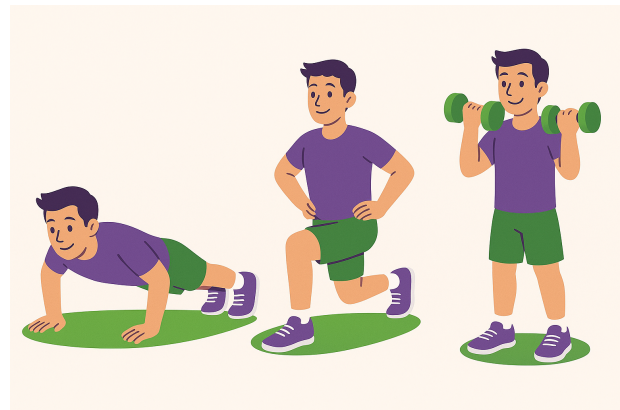
3. The Before-They-Wake Workout

Early workouts remove decision fatigue and guarantee consistency—no interruptions, no excuses. One comment I hear consistently among my Strong Before Sunrise crew is “I love having this done and out of the way before the day starts. I start the day feeling pumped and energized and don't have to worry about doing it when I'm exhausted at the end of the day.”

Your early morning session doesn't have to be crazy. You could use the examples I gave in the first paragraph OR if you have a little more time (around 30 minutes) and a set of dumbbells you can try this 2-3 times per week:

Circuit 1

Pushups / Split Squats / Biceps Curls





Circuit 2

Chest Press / Bent Over Rows / High DB Pause Squat

Circuit 3

Lying DB Chest Flyes / Lying Triceps Extension / Plank

Do each circuit for 3 rounds. 40 seconds per exercise with about 20 second rest. This is the format with my semi-private clients and is a great way to hit a total body workout in a short amount of time!

4. High-Protein Under 5 Minutes

Having some go-to snacks is great but even better when you can throw them together in under 5 minutes! Here are two of my favorites:

Protein pudding - $\frac{3}{4}$ cup Siigi's yogurt + 1 scoop of your favorite protein powder* + milk for texture. Mix it all together and enjoy. Add berries and walnuts if you're feeling cheeky.



[Salsa Lovers Cottage Cheese](#) - 1 Cup fat free cottage cheese + $\frac{1}{4}$ cup (or more to taste) Salsa - Mix ingredients together in a bowl and enjoy



*I like to use either a chocolate or birthday cake flavor of protein powder for this. Berries go amazing with the birthday cake flavor!

5. Walk During Life, Not Outside of It

Walk during kids' practices, lunch breaks, virtual meetings, or phone calls. Incidental movement adds up fast.

Tracking your steps and having a minimum number that you have to hit each day will keep you accountable and more likely to get the daily movement needed to hit your fitness goal.

Walking is probably the most underrated exercise in the world, it's free and you can use it to supercharge your fitness goals!



6. Designate Your Space

All the workout ideas above are great but they are SO much easier to do if you have a designated area to do your workouts. A place that you KNOW is for getting a sweat on and that you know you have everything you need to move closer to that fitness goal.



5 Items that you can use to maximize your workout space are:

1. Resistance bands,
2. Yoga mat
3. Set of dumbbells
4. Skipping rope
5. Pull up bar

You don't necessarily need them all but having these few items give you unlimited options to make your body strong and lean without needing a gym membership or having to find the time to get out of the house to make your workouts happen.

7. Use the Trigger Habit Formula

When you need to implement new habits into your life it works best when they coincide within your current routine and has the benefit of a reward or something that feels good at the end. That's why bad habits are so easy to develop.

For example - The kids go to bed (cue), You sit down to watch Netflix (routine), You feel relaxed (reward).

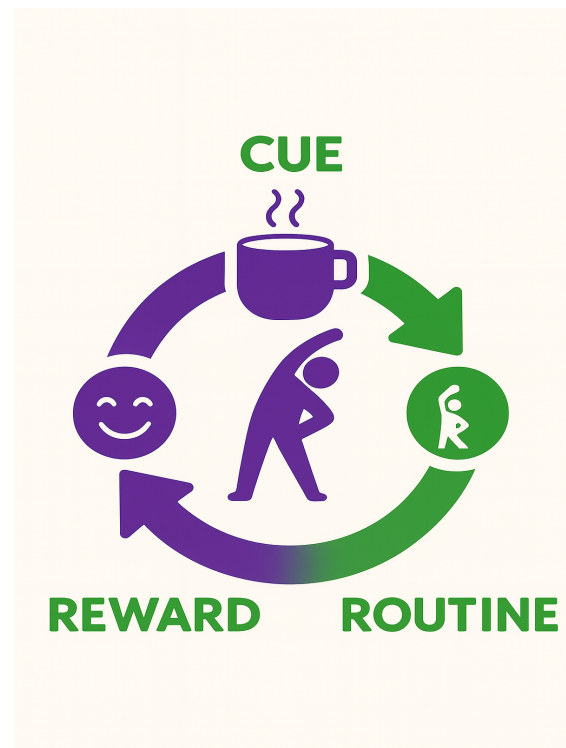
Now, watching Netflix for a bit at night isn't that bad but if you throw a bag of chips into the mix (more reward) it becomes a routine that can be unhealthy if done repeatedly over time.



Below are a few examples of how to attach healthy habits to existing routines:

- Finish Coffee (cue), Stretch (routine), Feel relaxed (reward)
- After school drop off (Cue), Walk (Routine), Feel energized (reward)
- Kids go to sleep (cue) Prep tomorrow's lunch (routine), Less stress about tomorrow (reward)

Linking a habit to a trigger and creating a routine around it will optimize your life in support of your fitness goal, not counter to it.



Habits are formed because the brain learns to associate a cue with a reward and the craving makes you repeat the behavior.

Have a read of Duhigg's [‘The Power Of Habit’](#) or James Clear's book [‘Atomic Habits’](#) if this sort of thing interests you.



Final Words

Becoming a fit parent doesn't have to be a miserable experience. Small habits implemented over time can result in big changes. Don't give up on yourself, be the positive change that you want your kids to see and feel great not just physically but on the inside as well!

If you liked these tips and want to go more in depth, get my e-book *Stronger Healthier, Happier - 100 Health Hacks For Moms and Dads*. In it I not only give more recipes and workouts but also some basic mindset and lifestyle strategies that I use with my high-end clients.

If e-books aren't for you, check out the case study on how I lost 13 lbs in 5 weeks while maintaining strength and muscle mass. In it you get to see behind the scenes on the strategies that I implemented to get significant results and how to apply those same tactics to your own life.

Committed to your fitness success,
Ryan