

**KUHLEFIT**  
RENEW YOUR VITALITY



# Truckers Service Association

LIVE HEALTHY  
DRIVE HEALTHY

**CREATED BY**  
NICK KUHLE  
Holistic Lifestyle & Corrective Exercise Coach

**FEBRUARY 2020**

# IS IT RIDICULOUS TO THINK

You need to spend hours on a treadmill at your local gym to become "healthy"?  
You need to starve yourself and eat only vegetables like many "guru's" proclaim?  
You can never enjoy a donut or french fries again?

These are absolutely ridiculous! None of these are true.

TRUE health and vitality are built upon balancing 6 foundational pillars; nutrition, hydration, sleep, stress, breathing, and movement. Health and disease cannot co-exist, there by creating an environment that's conducive to health, any issues, dis-ease, or concerns will start to subside and may even disappear. Because of this, I do not care if you are diagnosed with a specific disease, ailment, or condition. I only care that you work on creating an environment within your lifestyle that supports and promotes health. Without adhering to these foundational pillars, dis-ease or even disease will set in.

## WHERE WE'RE GOING

Over the course of these next 12 months, I'm going to equip you with the tools and techniques necessary to take your current health; regardless of what state it's in, and optimize it. The first step in optimization is balance. Everything in life needs to come in balance. You can eat too much or too little. You can under hydrate or even over hydrate. You may not work out enough or may be stressing your body by working out too much. I'll help you identify where you're currently at, where you need to go, and the steps needed to get there. After balancing the pillars of health, you'll notice your energy levels, sleep, mental focus, and self-confidence start to improve. So each month will focus on specific foundational pillars that health and vitality are built upon. A few simple steps will be provided to help move your health forward. All of my clients have found that some of the most basic tools and techniques have led to significant improvements in their health.

# IT'S LITERALLY THAT SIMPLE

But before we can begin we need to identify where you're at currently.

Assessment: Below you'll find 6 pyramids that represent your foundational pillars of health. With each pyramid the higher up you are the closer you are to achieving health and vitality within that pillar!

The base of the pyramid colored red is an area of highest concern where changes need to be made immediately. This area represents a score between 1-4.

The middle section of the pyramid colored yellow is an area of caution where changes should more than likely be made. This area represents a score between 5-7.

The peak of the pyramid colored green is an area that you're optimizing. You should strive for all green! This area represents a score between 8-10.

After completing the assessment form below you'll have 6 individual scores which will represent your baseline data.

Now take a minute, be open and honest with yourself and identify where your health currently lies.

# Nutrition

Score \_\_\_\_\_

## Red [1 - 4]

Typical Behaviors: Eats fast food regularly, consumes pre-packaged foods daily, very little whole foods. Doesn't purchase organic foods, seldom cooks, and grocery shops every other week..

Typical Foods: Fast food, donuts, soda pops, candy, microwavable meals, etc.

## Yellow [5 - 7]

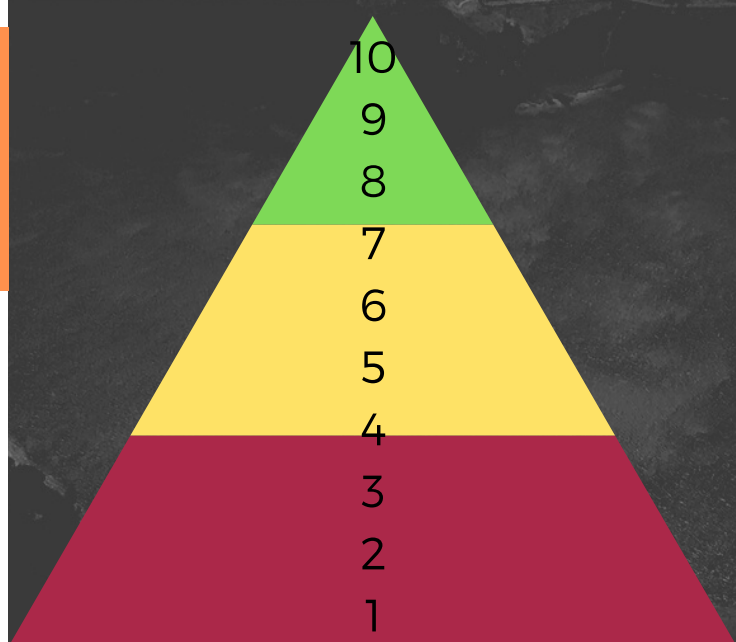
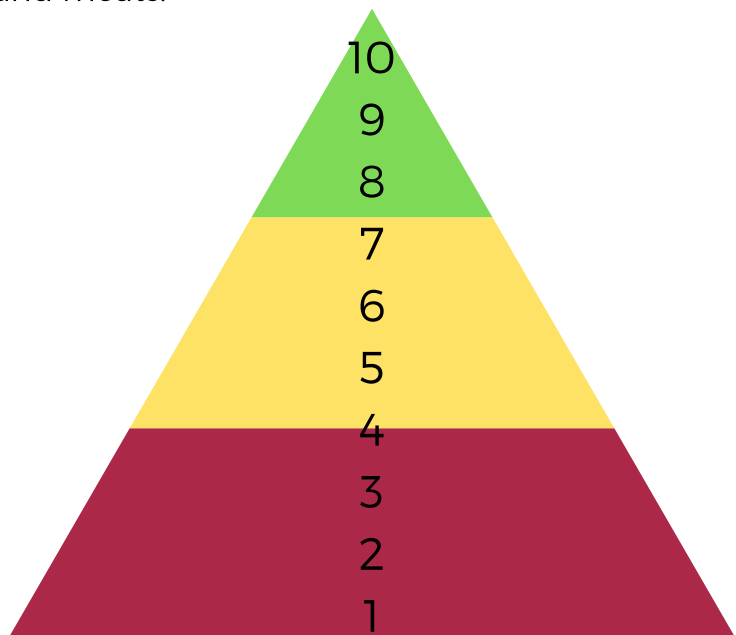
Typical Behaviors: Eats fast food weekly, buys many pre-packaged foods, consumes some fruits, vegetables, and whole foods. Shops at grocery store only once a week and cooks a couple meals.

Typical Foods: Cereal and packaged oatmeal, salads, milk, coffee, canned foods, etc.

## Green [8 -10]

Typical Behaviors: Seldom eats fast food, consumes a lot of whole foods. Cooks many of their own meals, shops at grocery store twice per week, and purchases a lot of organic foods.

Typical Foods: Fresh fruit, vegetables, nuts, seeds, fish, and meats.



"PAY THE FARMER  
NOW OR THE  
DOCTOR LATER"

# Hydration

Score \_\_\_\_\_

## Red [1 - 4]

Typical Behaviors : Very little water each day. Lots of pop, coffee, and energy drinks

## Yellow [5 - 7]

Typical Behaviors: Moderate water intake, some sugary drinks, coffee, and sports drinks

## Green [8 - 10]

Typical Behaviors: Drinks mostly water, some teas, very little, if any, sweet drinks. Drinks half their body weight in ounces of water per day.

# Sleep

Score \_\_\_\_\_

## Red [1 - 4]

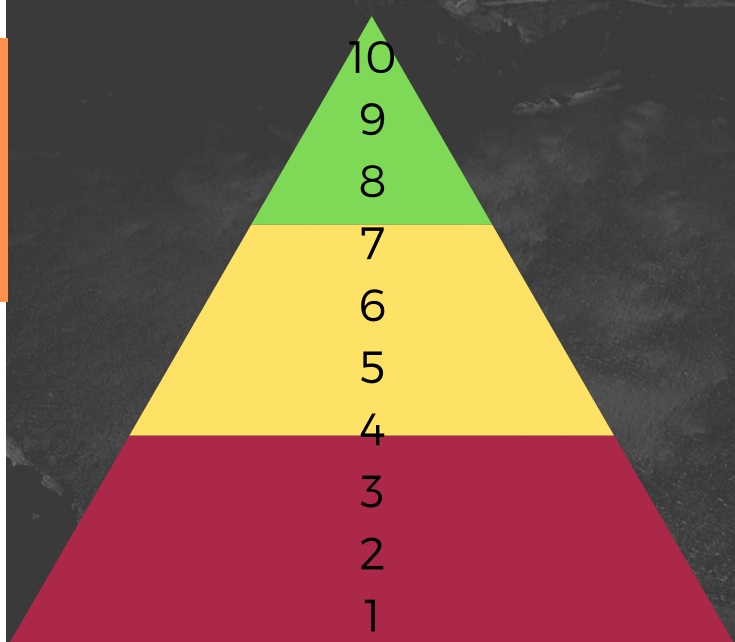
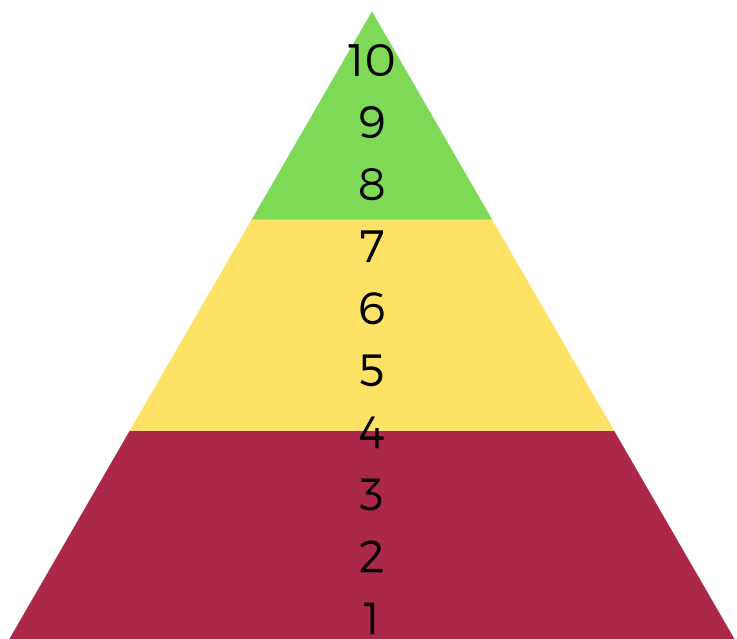
Typical Behaviors: Accumulates 6 or less hours of sleep per night, wakes up unrested and needs stimulants to "get going." Wakes up throughout the night, struggles to fall asleep, tosses and turns, and goes to bed after 11:30.

## Yellow [5 - 7]

Typical Behaviors: Accumulates 6-7 hours of sleep per night, wakes up rested a couple days per week. May wake up once per night and goes to bed by 11:30 most nights.

## Green [8 -10]

Typical Behaviors: Accumulates 7.5 - 8 hours of sleep per night, wakes up rested, and doesn't need stimulants to "get going." Sleeps throughout the night and is in bed by 10:30.



**"A GOOD LAUGH AND A LONG SLEEP ARE TWO OF THE BEST CURES FOR ANYTHING"**

# Movement

Score \_\_\_\_\_

## Red [1 - 4]

Typical Behaviors : Doesn't exercise, no physical activity, generally sedentary all day.

## Yellow [5 - 7]

Typical Behaviors: Exercises 1-2x per week, performs some physical activity, or moves a little each day, but is sedentary a lot.

## Green [8 - 10]

Typical Behaviors: Exercises 3x per week, moves at least 30 minutes each day, and is generally active.



# Stress

Score \_\_\_\_\_

## Red [1 - 4]

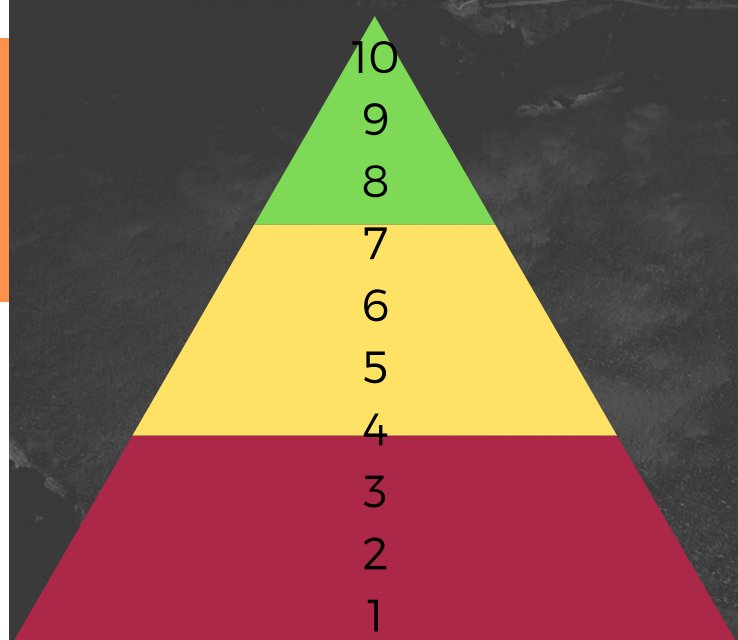
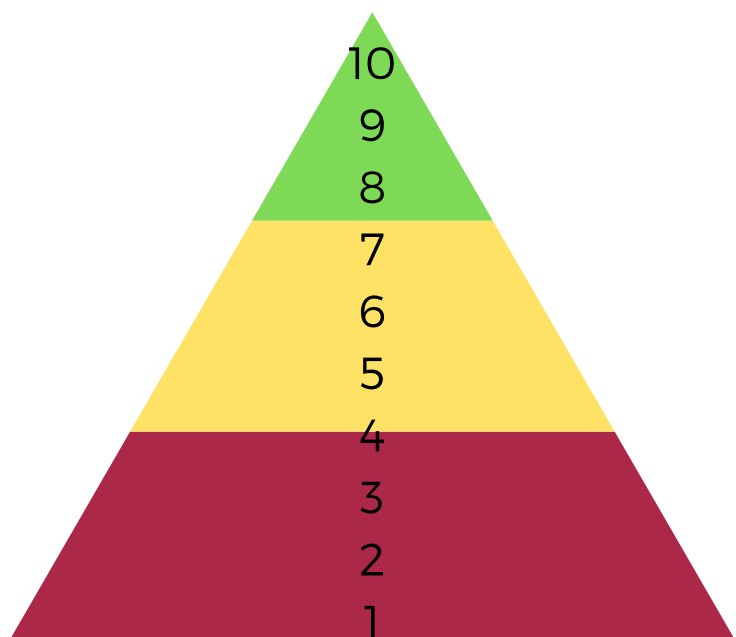
Typical Behaviors: Highly stressed, mind is always running, reactive, negative thoughts, irritable, worries about relationships, finances, health, etc.

## Yellow [5 - 7]

Typical Behaviors: Moderately stressed in life, may get agitated but handles him or herself. Some worries about relationships, finances, health, etc.

## Green [8 -10]

Typical Behaviors: Manages stress very well. Generally stays calm and is proactive. Handles adversity and challenges with a positive mindset.



"THE NOSE IS FOR  
BREATHING, THE MOUTH  
IS FOR EATING"

# Breathing

Score \_\_\_\_\_

## Red [1 - 4]

Typical Behaviors : Never pays attention to his/her breathing, has no idea how they breathe, breathes out of his/her mouth most of the day, or is a chest breather.

## Yellow [5 - 7]

Typical Behaviors: Switches between breathing out of his/her mouth and nose throughout the day.

## Green [8 - 10]

Typical Behaviors: Aware of his/her breathing, breathes almost entirely out of nostrils, and deep into the belly.