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setting realistic goals make sure your goals are smart specific measurable achievable relevant and timely instead of setting a vague goal like get fit aim for something more concrete such as to run a 5k in three months or to gain five pounds of muscle in six months assessing your current fitness level

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defining your fitness goals is the cornerstone of a personalized fitness plan start by asking yourself what you wish to achieve whether it s weight loss muscle gain enhanced endurance or improved flexibility make your goals smart specific measurable achievable relevant and time bound

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a personalized plan takes these factors into consideration this saves you from unwanted things as you work with a plan that knows to what extent you can stretch whether you need hiit or some other methodical approach it will take care of every important point to take you towards your final aim

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personalized health care is an overarching framework for proactive personalized health care that provides individuals with a personal health plan to maximize their health and minimize disease

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personalized nutrition or precision nutrition considers a person s individual characteristics to formulate targeted nutritional recommendations and then tailors dietary advice to your unique biological makeup 2 unlike generic diets it considers your genetics lifestyle and even your metabolism to create a plan just for you

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