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March 19, 2026

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Paretofit

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Germany

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Cologne

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Distribution Report

Paretofit Receives Stellar Business Award for Founder Health Coaching System

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Paretofit has won the [Stellar Business Award](#) for its digital health and performance coaching system designed for entrepreneurs in the DACH region. The award recognizes the company's evidence-based 80/20 approach to improving health outcomes for busy founders.

Founded by Tobias Burkhardt, a health sociologist and clinical nutritionist, Paretofit addresses the specific challenges leaders face when managing high-pressure schedules. The system focuses on repeatable habits across nutrition, sleep, and stress management rather than complex fitness plans.

Data from 169 coaching engagements shows a 98.1% documented success rate. The company defines success as reaching a primary health goal within the coaching period through structured check-ins and outcome tracking.

"The Stellar Business Award recognizes that founder health is a system, not a motivation project," said Tobias Burkhardt, Founder of Paretofit. "Founders do not need more information. They need a resilient plan that works when their calendar is full and stress is high".

The Paretofit methodology emphasizes:

- High-leverage training sessions that fit into tight schedules.
- Nutrition rules that reduce decision fatigue.
- Sleep anchors to maintain energy and performance.
- Environmental adjustments to remove friction in behavior change.

The company intends to scale its structured coaching to support economic productivity in Germany. By helping entrepreneurs maintain health and performance, Paretofit aims to drive long-term growth for its clients and the regional economy.

Explore, Paretofit-Coaching at : <https://tobias-burkhardt.de/arbeite-11-mit-tobias>

About Paretofit

Paretofit is a digital health coaching company based in the DACH region. It provides entrepreneurs with a system to manage energy, body composition, and sleep under real-world pressure. The company utilizes an implementation-first approach to help founders integrate healthy habits into their professional lives.

More information about Paretofit and its founder can be found at: <https://tobias-burkhardt.de/>

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