

MedTech Spectrum Interviews Paretofit Founder Tobias Burkhardt on 80/20 Health Systems Under Pressure

MedTech Spectrum interviews Paretofit founder Tobias Burkhardt on 80/20 health systems for founders and CEOs: evidence-based routines, behavior change, and measurable health KPIs under real-world pressure.



Land Nordrhein-Westfalen, Germany Feb 23, 2026 ([Issuewire.com](https://www.issuewire.com)) - MedTech Spectrum has published a new interview with Tobias Burkhardt, Founder of Paretofit, exploring how founders, CEOs, and other high-stress professionals can build sustainable health routines without relying on unrealistic “perfect weeks.”

Read the full interview on MedTech Spectrum:

<https://medtechspectrum.com/interviews/63/25297/structured-coaching-as-preventive-medicine-for-the-c-suite.html>

In the interview, Burkhardt explains how he synthesised insights from 1,000+ scientific publications into a streamlined, execution-first coaching framework built around the 80/20 principle: focusing on a small set of high-leverage fundamentals across training, nutrition, sleep/stress management, and behavior change.

Key takeaways from the interview (highlights):

- Synthesis beats information overload:
The differentiator is not collecting research, but translating robust evidence into simple, realistic routines.
- “Measurable” means everyday-life measurable:
Tracking focuses on practical signals such as sleep duration/quality, training adherence and progression, steps/activity, and subjective markers like energy, mood, and perceived stress.
- Design for real weeks, not perfect weeks:
Plans are built to survive “normal Tuesdays” (poor sleep, heavy calendars, limited bandwidth) so progress can compound over months and years.
- Stability first, optimisation second:
For many executives, sleep and stress are the tipping points that determine whether nutrition and training stay consistent.
- Feedback loops drive adherence:
Regular structured check-ins (every 7–10 days) are used to simplify, iterate, and progress the system as real life changes.

“The real skill is not collecting papers, it’s synthesising what is robust, high-leverage, and realistic under real-life conditions,” Burkhardt said.

He also underlines that for high-performing professionals the goal extends beyond longevity to quality of life: “It’s not just adding years to life, but adding life to the years, so professional success doesn’t come at the cost of long-term wellbeing.”

[Full interview: MedTech Spectrum](#)

About Paretofit

Paretofit is an evidence-based health and performance coaching system for founders, executives, and high-stress professionals. Built on the 80/20 principle (“less, but better”), Paretofit turns complex science into practical protocols, checklists, and low-friction routines designed to work under real-world constraints.

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Source : Paretofit

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