

ENDLESS
energy

The image shows a top-down view of a healthy meal bowl. The bowl is filled with a variety of fresh ingredients: cooked quinoa at the base, topped with sliced avocado, vibrant pink radish slices, orange segments, broccoli florets, purple microgreens, and green sprouts. A hand is visible in the bottom right corner, holding a silver fork with a wooden handle, poised to eat. The bowl is surrounded by more ingredients: a whole avocado, a halved orange, and a wooden cutting board with more radish slices and a knife. The background is a light blue-grey textured surface.

ENDLESS ENERGY

CHAPTER 1

Food:

- Supplements for more energy
- Foods for more energy (think raw, dairy-free and/or gluten-free)
- Hydration
- Coconut water

CHAPTER 2

Lifestyle Changes:

- Exercise
- Sleep
- Mindset

CHAPTER 3

Create your Energy Plan:

- Structuring Your Day for Optimal Energy
- Goal Setting
- Affirmations

ENDLESS ENERGY

Do you find yourself feeling sluggish and lazy mid-afternoon, and you have to fight the urge to take the rest of the day off, struggling with adrenal fatigue? Or do you feel just plain exhausted and tired for no apparent reason? Fortunately, there are easy and affordable ways to instantly shrug off tiredness and naturally raise your energy levels.

So, skip the extra cups of coffee and try these easy, natural ways to boost your energy levels!

Chapter 1:

FOOD

Eating healthy food can help you in a wide variety of ways. It can help reduce weight and maintain a healthy lifestyle, eventually raising your energy level to the maximum. Include fruits and vegetables in your diet and avoid eating junk food as much as possible. This helps stave off diseases and strengthen your immune system. Bring some more positive changes to your life with the following ideas.

1. SUPPLEMENTS FOR MORE ENERGY

The following supplements are the most effective at raising your energy levels and fighting fatigue and restlessness by fulfilling your body's nutritional needs.

- Glycine
- Theanine
- Magnesium and Iron
- Vitamin B & D
- Carnitine

Adding foods to your diet that are rich in these supplements, or taking them orally, can help boost energy levels and make you feel refreshed and more enthusiastic about life.

2. FOODS TIPS FOR MORE ENERGY

- Start by choosing a healthy diet. Focus on eating raw fruits and veggies for breakfast/lunch as often as possible, like a superfood smoothie for breakfast and a salad for lunch. Raw foods are full of digestive enzymes which help the body digest food quickly and easily without taking up all your energy!
- Leave the heavier foods (like animal proteins and starches) for dinner time. Carbs boost serotonin which makes you sleepy. Just think about when you eat a heavy breakfast, it weighs you down and makes you want to take a nap. Then, the last thing you'll feel like doing is working out, so we want to avoid that trap! Set your morning up for success and the rest of your day will be so much more productive.
- Limit your portions to avoid overeating and weight gain and to help stay fit and healthy. Remember – digestion takes a LOT of energy so focus on eating your meals to the point of being 80% full instead of stuffed.
- Drink plenty of water and avoid processed food as much as possible.

Following these tips, you can maintain a nutritious, balanced diet that supports a healthy mind and body and maximizes your energy levels in the midst of a busy routine.

3. HYDRATION

The earliest signs of dehydration are fatigue and lack of energy; if you are feeling thirsty, you are already behind. Our bodies require a substantial amount of water to function properly, so not replenishing it appropriately can immediately impact your metabolism and your energy. Check out the following tips to stay hydrated and maintain your energy levels.

- Try to drink 10-12 glasses of water a day. Avoid heavily sweetened or caffeinated beverages as much as possible, because they can actually have the opposite effect.
- If you are having trouble drinking that much water, try adding fruit or lemon juice to it, or try eating more fruits and vegetables with high water content like watermelon, cucumber, and celery.
- If you work out regularly, you may want to substitute water with a drink that helps replace the electrolytes your body is sweating out. You need to ditch the sports drinks though! They are loaded with sugar, high fructose corn syrup AND a bunch of empty calories you don't need to consume. Instead, opt for coconut water or water naturally flavored with lemon and honey instead. You can also get true electrolyte drops to add to your water instead (Hi Lyte is a brand I love -you can find them on Amazon).

4. COCONUT WATER

Coconut water is an isotonic drink packed with electrolytes and potassium. It is ideal for proper rehydration and has great antiviral properties. It also contains kinetin, which aids in keeping the coconut “young” and fresh despite it's constant exposure to the sun; it will have the same effect on your body!

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Chapter 2:

LIFESTYLE CHANGES

Consistent good health and high energy levels are results of a lifestyle. You cannot expect to maintain a healthy, energetic life by going on crash diets or sporadic, high-intensity workout programs. Good health and high energy require steady, sustained changes, but those changes can be small and gradual.

1. EXERCISE

Exercise is important for keeping both your mind and your body physically fit. Now, when I say exercise, this can be anything from walking or jogging in the park or around the block to simple exercises you can do at home (like the ones in our Fit Club). Here are a few small changes you can try to make exercise part of your daily routine.

- Change your mindset. Think “active” instead of “lazy.” Stay motivated by remembering that you are setting an example for your friends and family. If you wait for motivation, you’ll miss out on 90% of your workouts because motivation rarely magically appears. Instead – think determination, think inspiration. Tell yourself to just get up and DO IT for 2 minutes, that’s it. I promise, once you get moving, your motivation will kick in and you’ll finish your full workout way more often – Yay Progress!
- Determine what time of day you have the least amount of distractions. THIS is your new workout time. Write it on the schedule and make it happen – even just 10 minutes a day can do amazing things!

- Make exercising FUN and stimulating by playing loud music, or even listening to podcasts or audiobooks to keep your mind occupied.
- Team up with a friend or your partner to get better results.

2. SLEEP

Getting enough sleep is essential for boosting your energy levels. When you don't sleep enough—or don't get good quality sleep—you get annoyed at every little thing and your way more likely to overeat (especially the wrong foods). When you're sleep deprived, your hunger hormones get wonky. Your hunger hormone (ghrelin) actually spikes and your appetite suppressing hormone (leptin) goes down! We want to avoid this trap as much as possible! Here are some tips to improve your sleeping habits and boost your energy:

- Follow a set schedule for going to bed and getting up. "Early to bed, early to rise" is an excellent adage to live by for good health.
- Try to maintain this schedule even on weekends, trying to fit in at least an hour of relaxation. Your mind and body become unbalanced by a changing routine.
- An hour before sleep should be spent in a calm environment. Avoid using the TV or cell phone, and don't do any strenuous exercises. You are trying to get your body to relax and to start shutting down.
- Avoid heavy foods, nicotine, alcohol and caffeine several hours before going to bed to help you sleep better.
- Keep your bedroom cool, clean, and inviting. This also creates a calming environment for better sleep. You can take a hot bath or enjoy a massage to help relax, as well.

3. MINDSET

The old adage "Thinking is half the battle" could not be more true about your energy levels. Energy and motivation are just as much about your mindset as

they are about your physical stamina, and a positive mindset will take you much further than a negative one. A positive mindset can be that little extra boost when you hit a bump and can be the difference between letting a challenge get you down or motivate you. Here are some things to think about to start changing your mindset.

- Start believing that positive thinking is a choice. You can choose how to perceive a situation, and you can choose how to react to it. You may not be able to control your situation, but your situation does not have to control you.
- Find the positives and be a “glass half full” person. Even in a negative situation, there can be something positive you get out of it. It might be that the only positive is that it won't last forever; focus on that!
- Share your positive mindset. Don't feel pressure to commiserate or complain just because others around you are doing it; words are powerful, and every negative word you say or negative thought you have can gradually drain your energy levels.

Chapter 3:

1. STRUCTURING YOUR DAY FOR OPTIMAL ENERGY

One of the best ways to maximize your energy levels is by properly structuring your day. Plan your day in a way that helps you to boost energy levels instead of draining them. A great daily routine could include the following:

- Rise early
- Exercise
- Surround yourself with positive people (either in person or through positive mentors like books, audios, YouTube videos, etc)
- Meditate (even if you just take 2 minutes to close your eyes and breath)
- Say “No” to stress – stress drains energy and your immune system
- Eat healthy -add in more veggies and low-sugar fruits like berries
- Reduce the consumption of processed food and carbs
- Focus on creating energy like a power plant – don't wait for energy (a power plant doesn't have energy it generates energy)
- Stay hydrated – If you feel hungry or low energy, try drinking water or a green juice to revive your cells.
- Breath more often (take 10 deep breaths multiple times a day)
- Get enough quality sleep

2. GOAL SETTING

Setting smart, realistic, and achievable goals can also help to keep you motivated and your energy levels boosted. Setting small, achievable goals acts as practice or a stepping stone; as you achieve these small things, your energy levels go up and so does your motivation to work harder toward even bigger goals. Small steps add up! It's time to get that momentum going in the right

direction. Setting and meeting goals will help you achieve what you want while keeping your energy elevated.

3. AFFIRMATIONS

Affirmations are simply phrases you say to yourself that have a positive impact on your mindset. Practicing daily affirmations can help you maintain the energy levels you are working so hard to boost because they support your mental and emotional stability. Here are a few things to remember about practicing affirmations, and how to start doing them yourself.

- Keep it simple, and use language or words that you would use yourself. Your affirmation should be easy to say and should flow naturally.
- Write it down. Write down your affirmation and place it somewhere where you will see it every morning, whether it's the bathroom mirror, the cabinet with the coffee mugs, or on the door heading to your car.
- Use "I" statements. This reinforces the power of the message you are trying to tell your brain.
- Repetition. Repetition acts to cement an idea, behavior, or habit into our brains. Repeat your affirmation several times, each time with increasing forcefulness or passion, until you begin to feel and believe what you are saying.
- Example affirmations:
 - "I am worth it."
 - "I am a strong, powerful, and competent human being and I am necessary in this world."
 - "Every day in every way I'm getting stronger and stronger."
 - "I am healthy and full of energy"
 - "I radiate energy and vibrancy"
 - "I am powerful and unstoppable."

- “Anything is possible. I will figure it out”
- “I will succeed. I can do this.”
- “Every cell in my body vibrates with energy & vitality.”
- “I am a leader and role model of health for my family”
- “I am filled with positive energy.”
- “I am strong and healthy.”
- “I am beautiful and radiate positive energy.”
- “My smile is contagious. I bring happiness to those around me.”

Remember - your energy levels are influenced by more factors than just that cup of coffee you've been drinking. Truly healthy, sustained energy is also not something you can—or should—get from a can. Your energy is a product of your physical, mental, and emotional health; all three need to be in the best shape possible to maximize your energy levels.

You will be amazed at how far a little extra energy goes, and how it continues to recharge you, like the battery of a car. Today you have a little more energy to walk an extra block. That leads to more energy tomorrow when you finish that task at work early. That leaves you feeling motivated to call up an old friend for a much-needed conversation, and so on.

Make small changes every day and before you know it, those small steps will add up to BIG results. It's time to create that healthy energetic lifestyle, one step at a time. You've got this!