



Top 10 Ways to Increase Your Energy

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Lifestyle Change, Fitness Coaching,
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1. Reduce or eliminate caffeine. The ups and downs of caffeine include dehydration and blood sugar swings, making mood swings and energy fluctuations more frequent.
2. Drink water. Water is the number one way to prevent dehydration. Next time you are craving caffeine or sugar, have a glass of water and wait a few minutes to see what happens.
3. Eat plenty of fruits and vegetables. Full of nutrients, fruits and veggies are a great food for energy, especially those that are green and orange. Foods that are green and orange are high on potassium and magnesium, which provide energy. For vegetables incorporate kale, broccoli, bok choy, peas, artichoke, sweet potato, butternut squash, arugula and chard. For fruits, incorporate bananas, avocado, tomatoes, blackberries, oranges and mangos.
4. Incorporate nuts and seeds. They are high in iron as well as potassium and magnesium, which provide energy. They are great snacks and make tasty additions to grain dishes and salads. Especially beneficial are almonds, walnuts and pumpkin seeds.
5. Eat intact grains. The opposite of refined grains, intact grains are full of nutrients and fiber. They are digested much more slowly than refined grains (pasta, crackers, bread, muffins) so they give us steady and sustained energy throughout the day. The least processed and whole forms: steel cut oats, quinoa, brown rice, barley, oat groats and wild rice.
6. Eat protein or intact grains (with some protein or healthy fat) for breakfast. Avoid simple carbs like bagels, cold cereal, low-fat flavored yogurt, muffins – these foods will set your blood sugar on a roller coaster ride and take your energy with it. Try eggs, sprouted grain bread with nut butter, smashed avocado or hummus, Chia Seed breakfast porridge, steel cut oats/ oat groats with nuts, seeds and/or coconut oil.
7. Evaluate the amount of animal food you eat. Eating too much meat, dairy, chicken and eggs can lead to low energy.
8. Take time for rejuvenation. Find activities that restore your energy, such as a walk, a bath, a massage, a movie, a concert or whatever you enjoy and schedule a weekly date with yourself to do these things!
9. Get more sleep and rest and relaxation. Sleep is one of the greatest determinants of how much energy you will have. When you are tired and stressed your body will crave energy. These cravings are often a result of being sleep-deprived, going to bed late, waking up early, for months and years on end. Find ways to get more sleep each night, begin with just 15 or 30 minutes and see how that feels.
10. Move your body regularly. Regular movement produces more energy. Your body gives you as much energy as you ask it for. If you are very sedentary your body will not give you very much energy. Most anyone who has incorporated regular movement into their lives probably noticed a change in their energy. When you take a walk or move your body in some way, you are sending a message to your body that you need more energy.

BONUS TIP: Get rid of relationships that drain you. People can drain you of your energy. It doesn't mean that they are bad, but it is good to notice who drains you and why. See if you can transform those relationships by communicating and setting boundaries or end the relationship if required.

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