



Tips for Re-energizing

1. Proper Nutrition

- Start your day with a balanced breakfast.
- Build meals with lean protein, healthy fats, and fiber rich carbohydrates.
- Reduce processed foods.

2. Move your Body

- Consistent physical activity will boost energy levels over time.
- Aim for a manageable routine of 3-5x a week.
- Stay active outside of workouts by doing chores around the house or recreational activities. Get up and get moving!

3. Stay Hydrated

- Dehydration leads to fatigue.
- Start monitoring how much water you drink in a day.
- Carry a water bottle with you throughout the day.

4. Get Enough Sleep

- Reduce blue light exposure 2 hours before bed.
- Avoid alcohol and caffeine at least 4 hours before bed.
- Prioritize sleep! Its okay to save the last episode of your new favorite TV show for the weekend.



Start slowly implementing these healthy habits to boost your energy like never before!