



SESSION #3: ENERGY CHECKLIST

To feel more energized and vibrant each day, we all know we have to take care of our physical body. But what is common sense is not always common practice when it comes to our health. Below are simple ideas that, when practiced every day, can sum up to a dramatic increase in your overall energy. **Choose THREE of these items to do more consistently every day until our next coaching session.** Please note that these are general recommendations, but you should always consult your doctor or trained health advisor before making any changes to your diet, health plan or lifestyle.

Rest + Exercise

- ✓ Walk outside *every day* for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week. (As always, consult your doctor or health advisor and do what is appropriate for your health and fitness levels).
- ✓ Do two 20-40 minute intense workouts per week (strength-based or high intensity training).
- ✓ Meditate once or twice per day for 15-20 minutes. If you are new to meditation, search "Release Meditation Technique" on YouTube. Or use an app like Headspace or Calm.

Diet + Nutrition

- ✓ Eat a whole food diet heavy in organic plant-based foods. Try a kale or spinach salad for lunch or dinner for 30 days.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi-vitamin and vitamin D, B-Complex, magnesium, and Omega-3. See your nutritionist for additional supplementation needs.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-5 liters per water per day and avoid all sugary drinks, alcohol, and caffeine (green tea okay).
- ✓ Limit white starches and heavily processed breads/carbs. Avoid white bread, croissants, potato chips, muffins, etc.

Daily Energizing

- ✓ Every 50-75 minutes, stand up, *move* and stretch. As an example, try:
 - ✓ 20 arm crosses
 - ✓ 20 arm circles each arm
 - ✓ 40 knee-highs (marching in place)
 - ✓ 20 seconds patting your lower back
 - ✓ 10 deep breathes while bouncing in place
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being present.
- ✓ Keep a gratitude journal and send an appreciative email or text every day.