EXERCISE

Exercise releases endorphins which cause a decrease in pain and an increase in energy and positive feelings in our body and mind (therefore reducing stress) and energizing us. Even something as simple as walking at least 10,000 steps a day is the equivalent of 30 minutes of exercise (the average American takes 2,300-3,000 steps a day vs the Amish people who take 19,000 steps a day). Strength training is also recommended for women, especially as they get older.

BENEFITS OF STRENGTH TRAINING
- Improves bone density
- Increases your physical work capacity
- Decrease fat and increase weight loss
- Increases muscle mass
- Increases the strength of connective tissue, muscles and tendons
- Improves quality of life
- Boosts metabolism longer throughout the day

HOW OFTEN YOU SHOULD STRENGTH TRAIN
Minimum amount for functional results = 2-3 days a week for 20 minutes a a day
Minimum amount for aesthetic results = 3-4 days a week for 30 minutes a day

TYPES OF STRENGTH TRAINING
- Weight lifting (dumbbells, barbells, kettlebells, machines, medicine balls)
- Body weight exercises
- Resistance bands
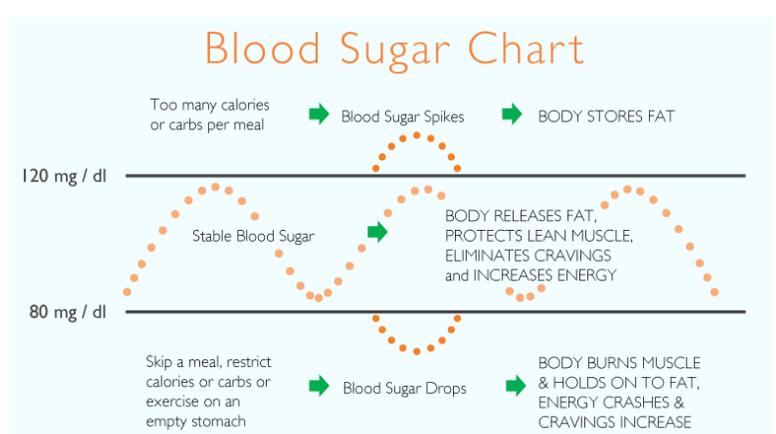- Suspension training

HOW TO GET STARTED
1. Start slowly. This will decrease your chance of injury and soreness.
2. Start with single sets and work your way up to multiple sets.
3. Use the correct weight amount. Using too much weight will increase your chance of injury because your form will suffer. Vice versa, by not using enough weight your muscles will not be challenged and you won't experience the desired benefits of weight training. How do you know you are lifting the correct amount of weight? It should be hard to perform the last few repetitions without comprising your form.
4. Give your muscles time to rest and recovery. You should wait at least 48 hours before you train the same muscle group once again.

BENEFITS OF EXERCISE
Reduces stress
Decreases and helps manage anxiety and depression
Boosts self esteem
Improves sleep
Strengthens your heart
Increases energy levels
Lowers your blood pressure
Improves strength and muscle tone
Strengthens and builds bones
Reduces body fat
Makes you feel good about yourself

NUTRITION

Food is our fuel and like all types of fuel, it can either energize us to accomplish all we've set out to do for the day or it can give us a temporary boost of energy only to leave us fatigued and scattered later in the day. Food affects our mood, energy levels, blood pressure, ability to sleep, recovery, heart health, weight management, skin, hair, cholesterol, glucose levels and more than we fully understand yet.

Blood Sugar Chart

Too many calories or carbs per meal ➡ Blood Sugar Spikes ➡ BODY STORES FAT

120 mg / dl

Stable Blood Sugar ➡ BODY RELEASES FAT, PROTECTS LEAN MUSCLE, ELIMINATES CRAVINGS and INCREASES ENERGY

80 mg / dl

Skip a meal, restrict calories or carbs or exercise on an empty stomach ➡ Blood Sugar Drops ➡ BODY BURNS MUSCLE & HOLDS ON TO FAT, ENERGY CRASHES & CRAVINGS INCREASE

NEVER SKIP BREAKFAST Eating a breakfast rich in fiber and with a balance of protein, fat and whole grain carbohydrates are shown to boost your mood, energy levels and even memory throughout the day. Avoid high sugar breakfasts to reduce sugar crashes.

EAT MORE, SMALLER MEALS (AND SNACKS) Studies show that eating smaller meals more often helps improve our metabolism, avoid bloating and maintain energy levels throughout the day. Try eating every 2-3 hours, reduce your main meal sizes and add in 200-300 calorie snacks 2-3xs a day.

ADD MORE FRESH FOODS INTO YOUR MEALS (AND SNACKS) There is no doubt that whole foods are the best source of energy and nutrients that our bodies naturally digest and utilize. Supplements are supposed to be "supplemental," not a replacement to whole foods, so use them sparingly as a part of your diet unless your have dietary restrictions. Add in fresh fruits and veggies to your snacks and meals (including breakfast) and aim for 3-5 servings of each every day.

REDUCE REFINED SUGARS AND DON'T OVER DO CAFFEINE Too much caffeine or refined sugars can affect your quality of sleep, increase anxiety or lead to crashes. A cup of coffee isn't going to kill you but try to limit it to that. Drinking at least 70 ounces of water a day and reducing refined sugar intakes to less than 25-30g of ADDED sugars will help regulate energy and reduce crashes.

EAT TO REACH DAILY NUTRIENT GOALS VS COUNTING CALORIES At the end of the day, ask yourself the most important question - Did I reach my nutrient goals today?

FOODS THAT NATURALLY BOOST ENERGY

WHOLE GRAINS	MAGNESIUM	B-12& TYROSINE	OMEGA-3	FIBER
Brown Rice	Cashews	Skinless Chicken	Salmon	Beans
Oats	Almonds	Lean Pork	Halibut	Whole Fruits
Quinoa	Hazelnuts	Turkey	Eggs	Vegetables
Barley	Bran Cereals	Eggs	Flaxseed	Whole Grains
Amaranth	Beans	Dairy	Peanut Butter	
Wheat	Avocados	Lamb & Veal	Kale	

SLEEP

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. With enough sleep each night, you may find that you're happier and more productive during the day. Sleep is often the first thing that busy people squeeze out of their schedules.

Making time to sleep will help you protect your health and well-being now and in the future.

MAKE SLEEP A PRIORITY - You need sleep. There is no doubt about it. Stop making excuses and start making a plan to get more sleep.

MANAGE YOUR STRESS - You cannot control everything but you can learn to manage your stress. Tools to help you do that include exercise, meditation, counseling, down time, organization, budgeting and communication.

JUST SAY NO - Stop overcommitting yourself and learn to say NO! If it takes you hours to wind down at night, reduce your late night commitments (second job, volunteering, coaching, etc…).

BURN OFF YOUR ENERGY - You could be exhausted mentally but physically still need to burn off energy after sitting at a desk or station all day long. Getting 30-45 minutes of exercise a day.

TURN OFF TECHNOLOGY - Turning off technology is important for turning off the brain. Even if you can "fall asleep" with the television on, it affects the quality of sleep you get. Turn off your phone, take the television out of the room and cover up your clock. No distractions.

BLACK OUT YOUR ROOM - Make sure all the lights are completely turned off, including covering your clock or phone. Have white noise in your room.

DON'T TAKE LATE NAPS - Naps are great for boosting energy but late naps will keep you up.

AVOID CAFFEINE PAST 2PM - Even if it doesn't "affect" you, it affects your quality of sleep.

HAVE A ROUTINE - We are creatures of habit. A routine tells your body AND mind it is time to relax and go to sleep.